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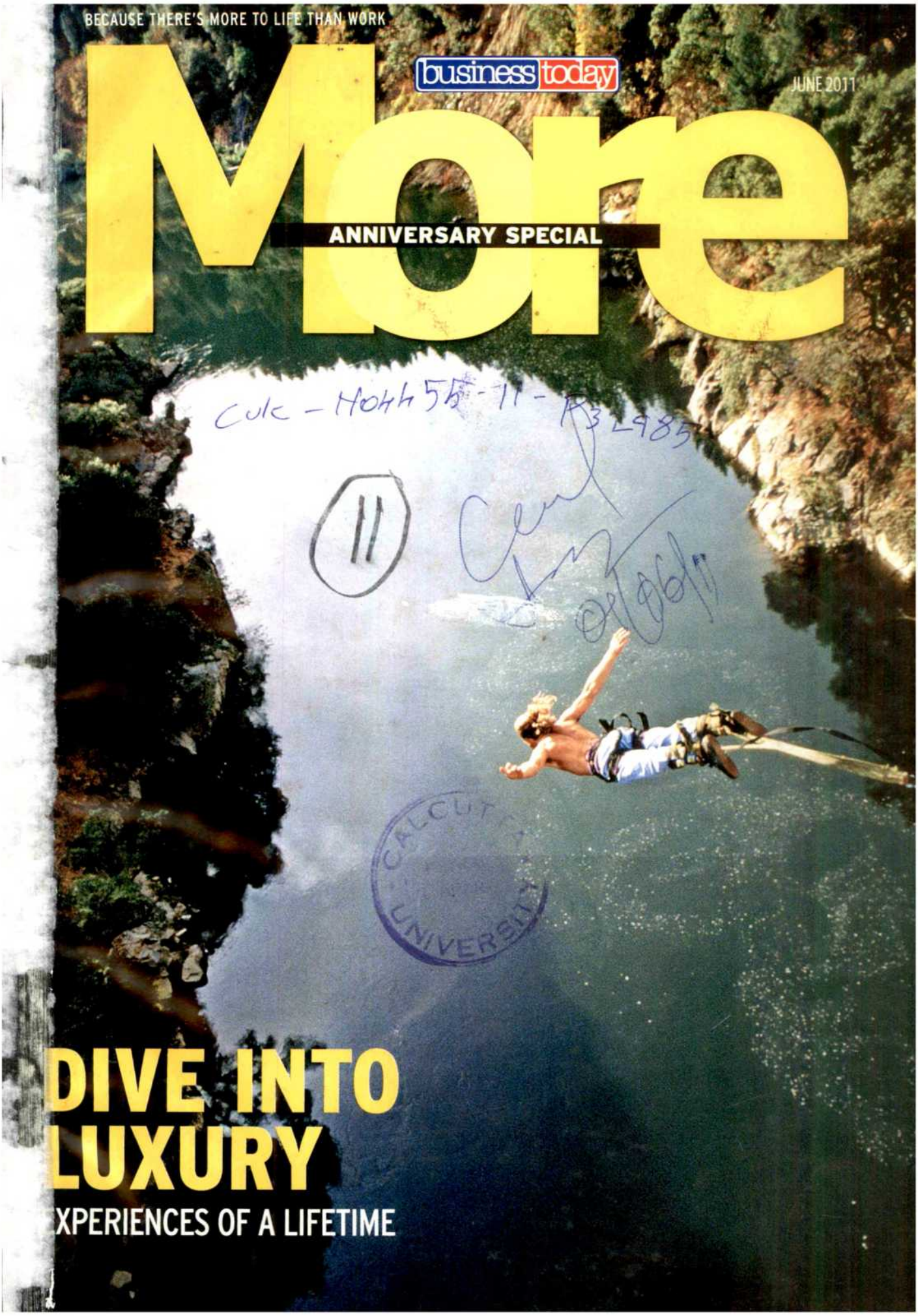

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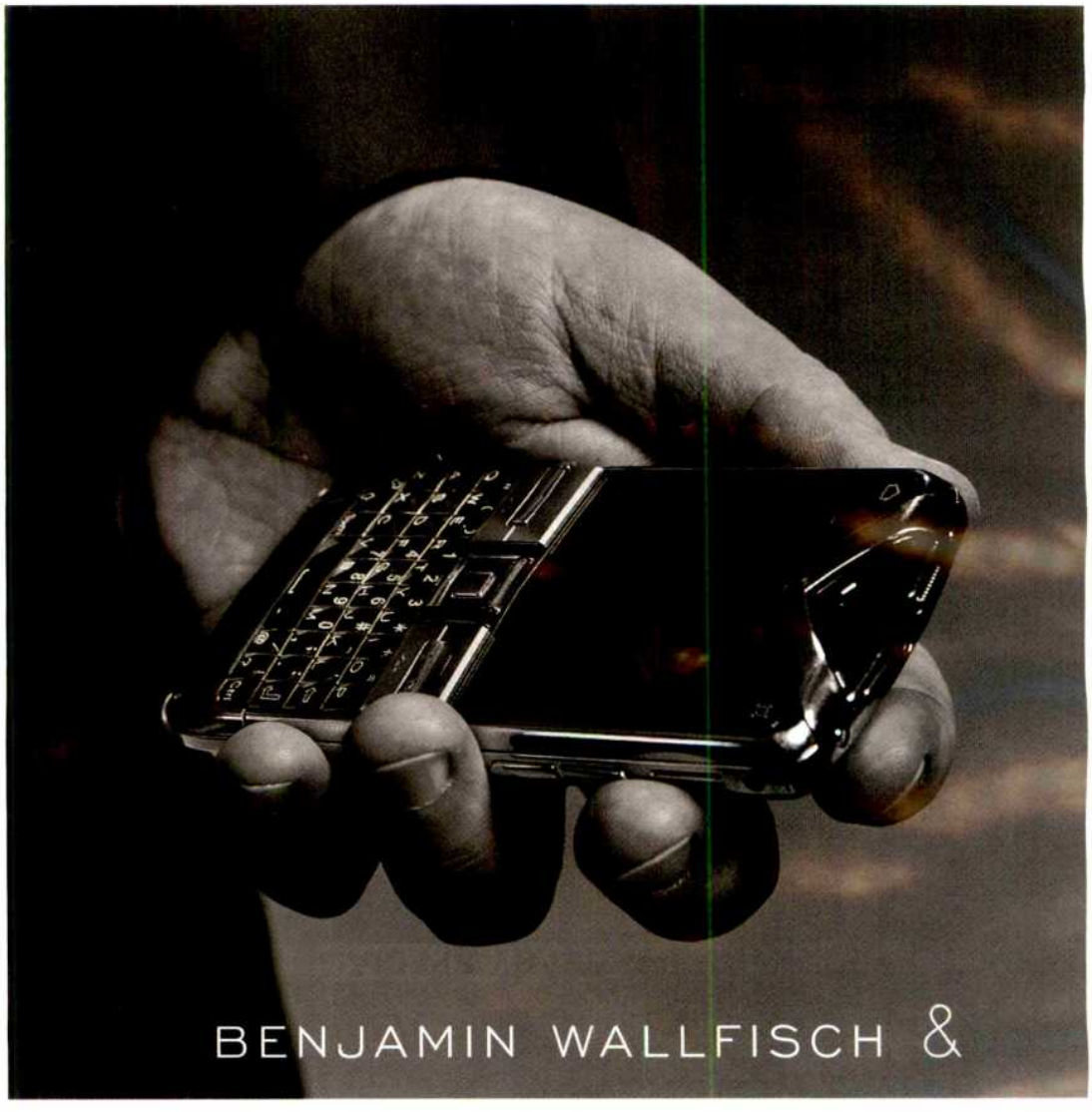

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Volume 5 Number 6; June, 2011
yright Living Media India Ltd. All rights reserved
oughout the world. Reproduction in any manner
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ted and published by Ashish Bagga on behalf of
Living Media India Ltd. Printed at Thomson Press
India Ltd., 18-35 Milestone, Delhi Mathura Road,
Faridabad-121007 (Haryana); A-9, Industrial Complex,
Maraimalai Nagar, District Kancheepuram-603209
(Tamil Nadu); and at Plot No. 5-5A, TTC Industrial
Area, Thane, Belapur Road, Airoli, Navi Mumbai-
400708 (Maharashtra). Published at K-9, Connaught
Circus, New Delhi-110001.
India Today does not take responsibility for
returning unsolicited publication material.

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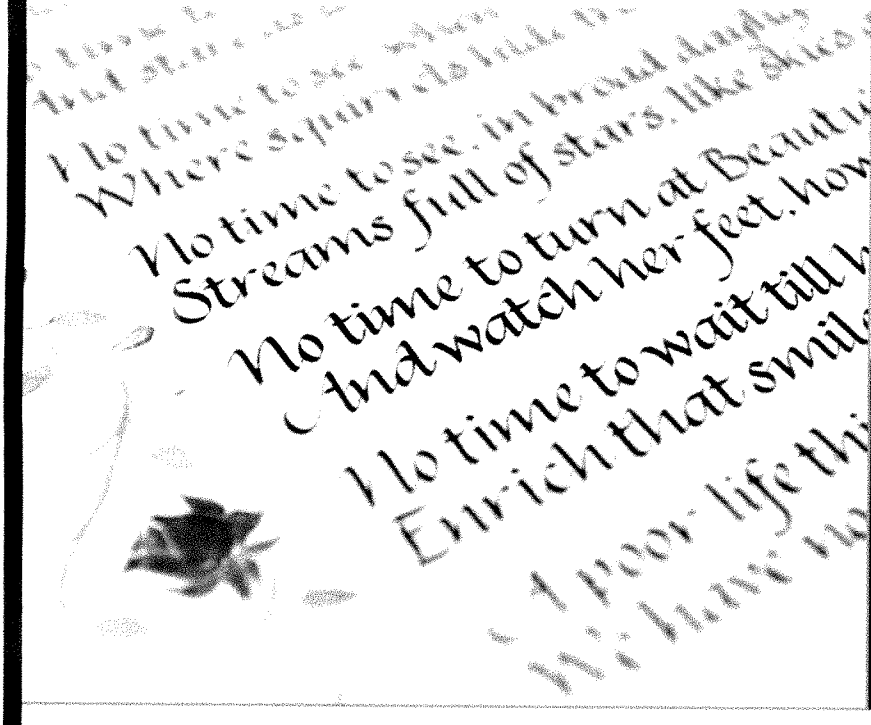
Do-it-yourself guide

A Lesson in Calligraphy

Get started on this traditional Arabic and Japanese expressive art



From suitable writing styles to choices in nibs and inks, **Nikhil Ranjan, CEO of William Penn** offers a complete guide to the wildly visual art of calligraphy

Modern calligraphy ranges from functional hand lettered inscriptions and designs to fine art pieces created with fountain pens.

Hold the pen right: Ideally, the thumb, the index finger and the middle finger should wrap around the barrel comfortably without overlapping. People with big and stout fingers would need a thicker pen and those with petite fingers should use sleeker ones. As a rule, one should not press too hard while writing.

The perfect nib: Nibs should be chosen according to one's individual writing style. Text book advice would be a fine nib with a 0.5mm tip for someone with small and tight writing; a bold nib with 0.9mm to 1 mm for someone with quick strokes and a large emphatic script and a medium nib with 0.7mm nib for these who don't qualify for either of these cases. Nibs are usually made from 14-Kt/18-Kt Gold or Stainless Steel. While gold nibs are softer, the more flexible steel ones are sturdier and ideal for anyone who uses a hard or heavy hand while writing.

Make the right choice: The Japanese company **Sailor** makes special nibs like *Naginata Fude* which makes bold strokes in normal mode and turns fine when used upside down and the *Naginata Concorde* which does just the opposite. **Lamy's** smooth steel Safari nib is recommended for all forms of writing and sketching. **Sheaffer's** basic fountain pen with a steel nib is stable and makes a good choice for a first timer. **MontBlanc**'s 149 Piston is another great nib to use.

Preferred Inks: Darker and quicker drying inks are preferred when writing large bold letters. Besides the usual Parker Quink, Sheaffer Skrip and Aurora Black inks, you can choose quick drying specialist inks like the Private Reserve (Ultra Black) and Noodler's Highlighting inks.

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- Shobana, Classical dancer and actress

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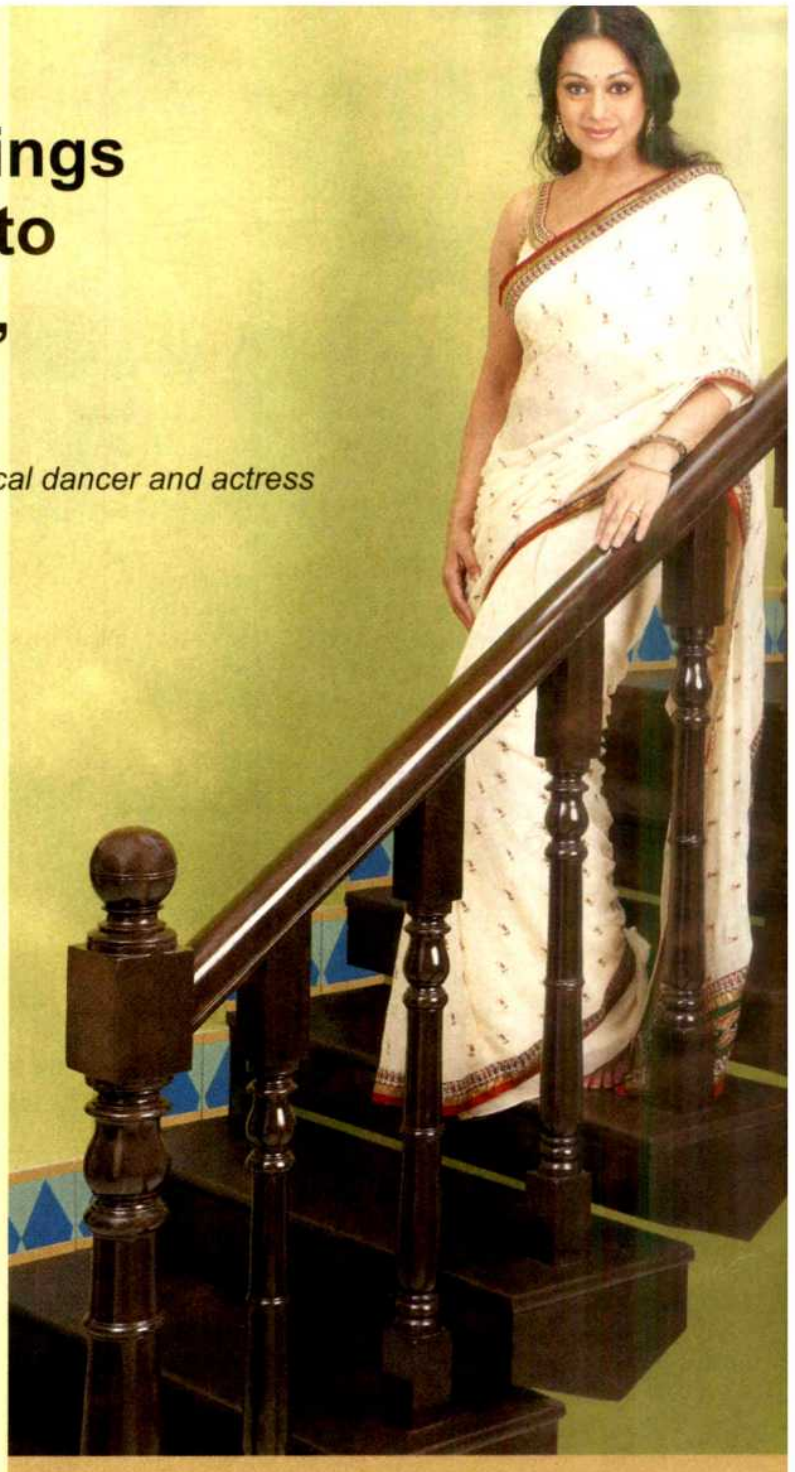

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BASICS OF UNDERWATER CINEMATOGRAPHY

Turn your deep sea adventures like scuba diving and snorkeling into lasting memories. Take ace cinematographer **Virendra Khanna's** advice and go behind the lens before going into the deep blue.

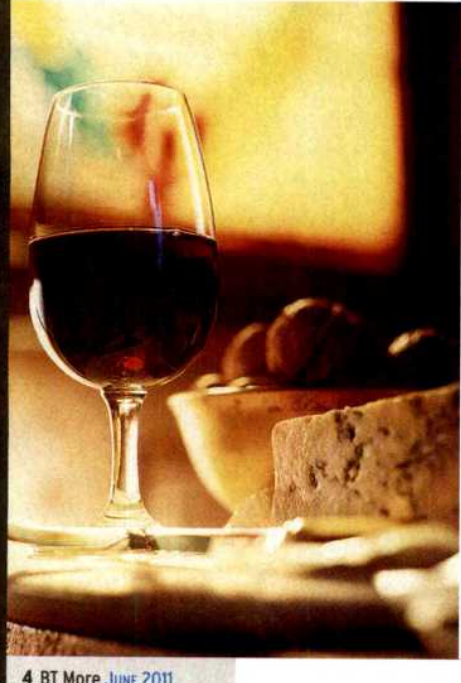
Waterproof Camera: A single drop of water is enough to cause electrical problems, thus one should go for a waterproof camera and housing. The camera should be a wide-angle one. The Canon 7D and 5D Mark II, Olympus PEN E-PL1 and PT-EP-01 are good choices.

Lighting: Water has a tendency to absorb light and as we descend, we lose colour. Your housing should include a fill light that shoots light straight at your subject at a 45-degree angle. If you don't have one, purchase a key light to attach to your housing. Bright sunlight makes for excellent shots up to a depth of approximately 30 m.

Focus: The main problem with autofocus under water is finding a point to focus on. Most autofocus systems 'hunt' i.e. they move back and forth between various focus distances and this impedes clarity. Thus, one should use manual focus and momentarily turn on autofocus while pointing at the subject. This allows you to quickly refocus manually.

Zoom: Since videography involves movement, zooming will make for shaky and unusable shots with bad focus. It is always better to avoid the zoom. Move closer to your subject instead for a tighter shot.

A rule of thumb in filming: Don't ever try to create the action with the camera, let the action happen in your frame. If there is nothing happening, then change locations and try again.



An Ode to Wine and Cheese Pairing

Shital Kakker Mehra of Soft Skills International offers advice on savouring the classic combination of wine and cheese.

The protocol: As a rule, the wine shouldn't overpower the flavour of the cheese. While some connoisseurs believe that wine produced near the home of the cheese suits it best, others say that more tannic the red wine, the harder the cheese that goes with it.

Pair em' right: While the Danish Blue semi-soft creamy blue-veined cheese pairs well with the red Cabernet Sauvignon, the soft French Camembert cheese complements the white Chenin Blanc. The Italian granular Parmesan brings out the flavours of a Chardonnay just as the crumbly and salty Gorgonzola does justice to the full-bodied Bordeaux.

Serving Cheese: At room temperature, except cream cheese which should be served cold. Serve the different cheese on a wooden cheeseboard, where each piece is placed separately to avoid any interference in taste or smell.

Accompaniments: Fruits, breads, crackers, olives or meats are classic accompaniments. Use your fingers when eating it as an appetiser.

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Shake it Daddy

Trade ambassador of Bacardi India and star mixologist **Arijit Bose** spills the beans on shaking cocktails.

Why Shake: The vigorous to and fro movement of the cocktail shakers helps mixing ingredients of different densities, such as alcohols and juices, with ease. Ice lowers the temperature and makes it more palatable, especially in summer.

Process: The shaker has multiple parts which interlock to create an airtight space within which you need to add different ingredients and ice. To make a great drink always remember to fill three fourth's of the glass with ice cubes and shake hard till the shaker is too cold to hold. But be careful not to shake too much or the melted ice will dilute the drink.

Shake This: The classic Bacardi Daiquiri uses 2 spoons of castor sugar and 20 ml of lime juice added in a shaker with 60 ml Bacardi topped with ice. If the drink is shaken well then all the castor sugar will dissolve, leaving it cold yet well balanced. In case the castor sugar hasn't dissolved well, the drink is unprepared and needs further shaking.

A GAME OF MINI GOLF

Aashish Vaishnava, founder of Holein1GOLF considers mini golf an interesting and convinient variant of the game.

What is it: This miniature version is played on a very compact course with a putter and a ball. Just like regular golf, mini golf courses have multiple holes and the objective is to hit the ball into the hole with as few strokes as possible. An array of obstacles positioned around each hole add to the excitement.

Setting up: You'll need an astro-turf base which can either be fitted inside wooden frames or be recessed into wall-to-wall carpets. While a six-hole course can be created on 1,000 sq ft of astro-turf, you'll need 1,500 to 2,500 sq ft for a nine hole course. In case you're pressed for space, choose a portable mini-course with a wooden base. These are generally 200 sq ft and have about three holes. The game can be made challenging by making the balls pass through obstacles like moving windmills and tunnels.

Jazzing up the space: Bringing it closer to a natural golf course, place stones which will also dou-

ble up as obstacles. You can also use sounds of birds and crowds cheering as soundtrack.

Going for the shots: Use two sided putters which allow you to hit from both sides and play a two stroke game. **Website:** www.holein1GOLF.com

FENG SHUI FOR OFFICE SPACE

An ideal office space should boost productivity, success and health and purge all forms of stress. Feng Shui practitioner and consultant **Ravi Chadha** elaborates.

Seating: Your table should be on the opposite side of the room from the door so that your back is against a solid wall or partition. This 'anchors' the desk and gives maximum exposure to the auspicious ch'i (energy).

Yang Interiors: It is important to have sufficient natural light, especially in your personal work area. Also use natural surfaces and materials and plenty of plants. This will generate happy vibes.

Pictures and Paintings: A group photograph on your right will enhance loyalty and motivation. For harmony, place a picture of spouse or children on the top rear right side of your desk.

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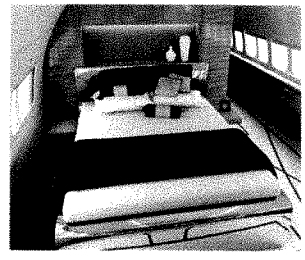
Nice-to-Knows

Sky's the limit

We've lifted off the streets and taken to the skies. It's only natural then, that attention shifts to airborne interiors

Bespoke has taken off the runway and is flying high amidst the clouds, quite literally. With an increasing population of high net-worth individuals, bespoke aircraft interiors is the newest money spinner. So once you've donned the perfect suit and cruised in your customised set of wheels, climb aboard your very own castle in the air. Gourmet kitchens, custom bars , flatscreen private theatres, customised gymnasiums, multiple levels of living space and much more; your



aircraft is no less than your home on the ground. With exclusivity being the name of the game, private jet-owners have given impetus to an entire industry for aircraft interiors, and all the players in the market are giving it their best shot. With brands ranging from Versace and BMW to Lufthansa, all the competition has upped the ante, and the sky is the limit. Just like your home reflects your personal taste and style, now, so does your private jet. It is definitely the ultimate status symbol, and this is one trend that is here to stay. Customise your wings to stay in the game!

6 Cadogan Place

There's a spanking new address in London town! Casa Forma, known for their architecture and design statement, have launched a brand new high-end property in Knightsbridge. The property, titled Flat 6 Cadogan Place has been resurrected in place of a classic 1980's style building and is today a chic addition to the area's landscape. A single triple-lateral apartment, it boasts three bedrooms with en-suite baths, a study, cloakroom, kitchen and laundry room, dining room and lounge; all accessed by a private key -directed lift. The front facing balconies offer a sprawling view of Cadogan Gardens, while the interiors are done up in Ralph Lauren furniture. All for 7 million pounds!

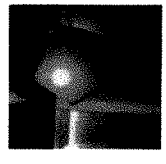
THE WARHOL PAD

A five-storey house on the Upper East Side designed by the architect of The Plaza Hotel might not draw too much attention. But mention the fact that it's previous owner was Andy Warhol and the buyers come pouring in. On the market for $4.3 million, this is where the artist churned out his earlier works including the Campbell soup cans. Let the bidding war begin!

The BT More Playlist

NEW RELEASES

Fleet Foxes, Helplessness Blues The Seattle folk stars are back after with their triumphant second album with richer sounds and introspective lyrics.

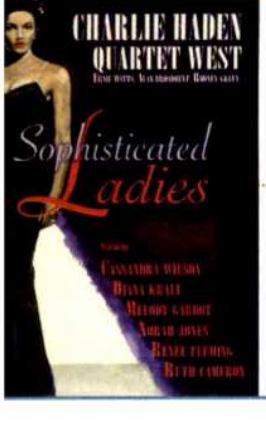


TV On The Radio, Nine Types of Light New York's finest band relocated to LA and came up with an album full of songs of love and lust set to some great music.

Charlie Haden Quartet West, Sophisticated Ladies The legendary bass player is back with his smooth band of veterans and stars like Norah Jones and Diana Krall for songs that celebrate the feminine.

Cruisin' Together

It's not about speed, and it's not for novices. The new Riva Iseo is a work of art. Launched in time for the summer of 2011, this 27-foot-long day cruiser is the perfect toy for nautical aficionados who enjoy a relaxed sailing experience out at sea. The new vessel is in keeping with the brand's iconic and longstanding heritage. The first in the Riva range to sport a hybrid engine with Zero Emission Mode cruising, this yacht is also the first of its kind to be equipped with information, entertainment and GPS facilities. Developed specifically for the vessel by Apple iPad, these facilities include an owner's manual, weather forecasting, live radio streaming, customised iTunes playlists, a top notch audio system and several applications for browsing. So even when you're sailing on the high seas, you're just as connected as those back on dry land. With beautiful mahogany crafting throughout the body of the boat, this new creation is as functional as it is beautiful, and makes for a perfect day at sea.



Various, Delta Swamp Rock A compilation of Southern rock classics from the 60's and 70's, this one's bound to hook and impress all Classic Rock lovers .

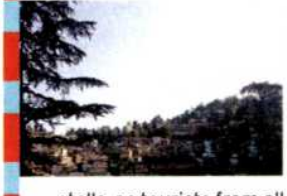
Beastie Boys, Hot Sauce Committee Part Two The hell-raising Beasties are back with a new album that mines all their best sounds.

6 Things To Do This Month

1

GLASTONBURY FESTIVAL: Be sure to make it to Glastonbury in the UK from June 22 to 26, and enjoy a spectacular line-up of musicians from all over the world. Covering all genres of music and performances ranging from the biggest acts in the industry to alternative sounds, this is the biggest music event of the year. **Website:** www.glastonburyfestivals.co.uk

2



SHIMLA SUMMER FESTIVAL: Come June, and the state of Himachal transforms into a hub of activity and festivities as the locals of the region welcome summer to their state. Shimla is decked out in an array of colourful tents and stalls, as tourists from all over the country flock to witness the rich show of Himachali culture and heritage. To be held from June 2 to 7. Venture out to enjoy the celebrations! **Website:** www.festivalsofindia.com

3

WIMBLEDON: It's that time of the year again, and the oldest tennis tournament in the world returns to inject fervour into its hometown in London for the duration of the championship. Will Federer rule again? Or do we see a new legend this year? check out the action from 20 June to 3 July. **Website:** www.wimbledon.com

4

CHAMPAKULAM MOOLAM BOAT RACE: One of the oldest and most popular boat races in India, this race is held on the banks of the Pampa river in Kerela. Of all the different categories, the snake boat race is the most enthralling. With 100 men per boat, the vessels tear down the stretch of river with adrenaline pumping. Starts on June 16. **Website:** www.kerelaholidays.com

5

FABRIC AND ACCESSORIES TRADE SHOW: The fabric and accessories trade show is the premier event in the textile industry, where the manufacturers and suppliers come together to showcase their products. To be held from June 3 to 5 in Bangalore. **Website:** www.fandashow.com

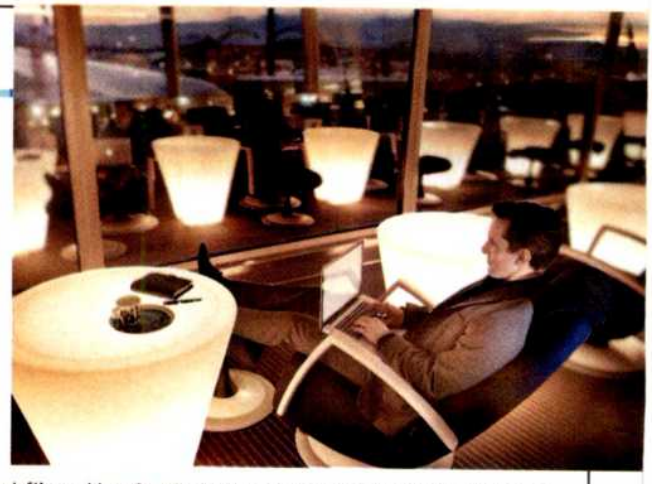
6

GRANADA MUSIC AND DANCE FESTIVAL: The International Granada music and dance festival is a melting pot of classical music, flamenco, ballet, and other dance forms and is performed at varioius venues in the beautiful Spanish city of Granada. To be held from June 26 to July 14. **Website:**www.granadafestival.org

Bid On Bubbly

They say 'Old is Gold', and taking this saying to a whole new level is the upcoming auction of two 200-year-old champagne bottles that were recenty discovered at a shipwreck in the Baltic Sea. The auction will take place in Mariehamn, Finland, on June 3, with one of the bottles being auctioned by Veuve-Clicquot and the other by Juglar. The wreckage where the bottles were salvaged is believed to have sunk around the late 1820s, making these the oldest bottles of champagnes to have ever gone under the hammer. Make your bid!

Lounge Easy



The next time you're planning your travel itinerary, be sure to plot a stop at the Helsinki-Vantaa airport and pop in to the Finnair Lounge to get a taste of the World's Best Airport Lounge. Making its mark over 600 competing entries, the prize was awarded after a unanimous vote by over 40,000 frequent fliers. Here's what you can expect: individual shower rooms, a great buffet spread, a well stocked Via Bar, LED televisions scattered around the relaxation areas, and salon and spa services to rejuvenate you between flights. In addition, free wi fi, Apple iMac work stations, and facilities such as wireless mobile recharging ensure you're connected throughout your wait. The first non-American lounge to win this award, it's well worth the hype.

Lofty Ambitions: The Treehotel In Sweden

For those who like to be connected with nature, it doesn't get any better than this. The Treehotel in Sweden is located just about 60 km south of the Arctic Circle, amidst the thickly wooded Boreal Forest and is designed to mirror its pristine surroundings, quite literally. There are currently four units completed, each one-of which is designed by a different architect to ensure originality. The structures are suspended four to six metres off the ground and each unit sports a unique theme. So whether you're perched among the trees in a structure resembling a bird's nest, or better yet a mirror-walled cube which reflects the sky and greenery in its walls, be prepared to 'feel free in a tree': the motto of the establishment. Be sure to check it out!

Sounds Like You Know About THE PIANO

Those ethereal black and white ivories have been giving us untold musical pleasures fora very long time.

1. The earliest ancestors of the modern piano were hammered dulcimers of the Middle Ages which worked on the same principle of struck strings.

2. Although musicians tried to make a keyboard-based instrument-which resulted in things like the clavichord and the harpsichord--it was only in 17th century Italy that the first modern piano was created by Bartolomeo Cristofori for the Medicis. Only three of these have survived.

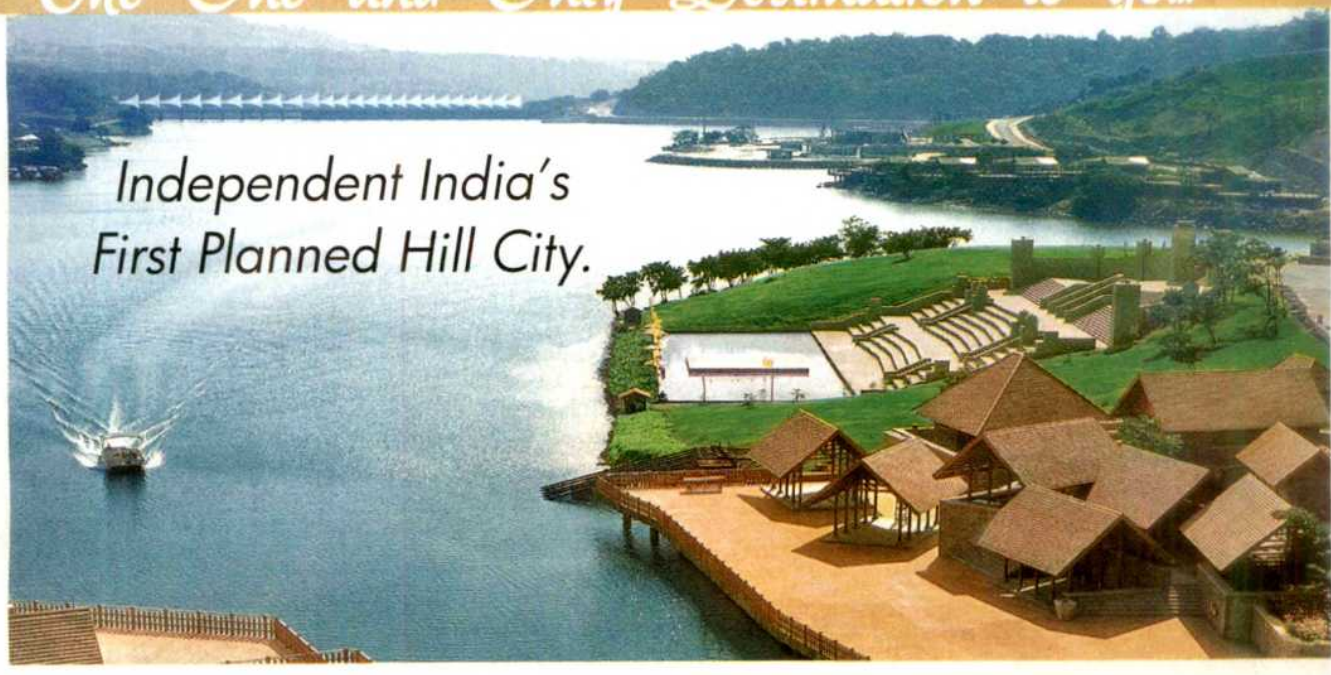
3. The Viennese school of 18th century craftsmen like Johann Stein and Nannette Streicher further refined the piano. Mozart wrote most of his concertos for these Viennese pianos.

4. Although the modern piano can be broadly divided into the Grand Piano and the Upright Piano, there are further subdivisions in the latter such as the Spinet, Console and Studio.

5. Rising prosperity in 19th and 20th century Europe and America saw the piano becoming a favourite household instrument. This declined with the development of the phonograph record.

Advertorial

The One and Only Destination to go...



Aamby Valley City - Independent India's first planned hill city, is remarkable for its unmatched grandeur and plush signature-features. Nestled amidst scenic surroundings of the mighty Sahayadris, this exclusive city currently spreads over lush, 10,000 acres and is poised to spread manifolds. Self-contained with well laid out world-class infrastructure and facilities, Aamby Valley City offers everything that one needs for premium living. Any wonder why it is called life's finest abode.

AAMBY VALLEY CITY
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WORLDHOTELS

Very few destinations in the world can be adorned with the following description - "Paradise on Earth". That's exactly what Aamby Valley City is all about. Gifted from the best of nature's basket, the ten thousand six hundred acres luxury city is situated amongst the great Sahyadri ranges and is envisioned to be amongst the top five destinations in the World.

Recreation hubs, World-class Gymnasium offering isotonically designed self-training equipments, Horse Riding Course, Salons, Spas, Premier Clubs and a lot more. The city's specialty restaurants catering to different cuisines, such as Indian, Chinese, Gujarati, Italian and Continental have already earned kudos from their esteemed patrons.

Golf

Adventure

Water Sports

Luxurious Accommodation

The city offers residential villas, which are architectural wonders designed by international architects and designers. The choices range from English, Spanish and Contemporary villas to beautiful Timber Chalets. Natural waterfalls amidst the lush green mountains make the city a picturesque sight. The magic of the Banaras Ghats recreated exclusively at Aamby Valley City. Under recreational activities Aamby Valley City offers endless choices which includes Aqua Sports and Adventure Sports – 19 Degree North!, Lagoon complexes, Family Entertainment Zones,

Aamby Valley City is committed to be a leader by providing world class environment friendly residential options, hospitality services and tourism solutions by focusing on people, customers, technology, and quality. It also endevours to create unsurpassed value for its customers and partners so as to stand out as a fine example of the "the world of possibilities".

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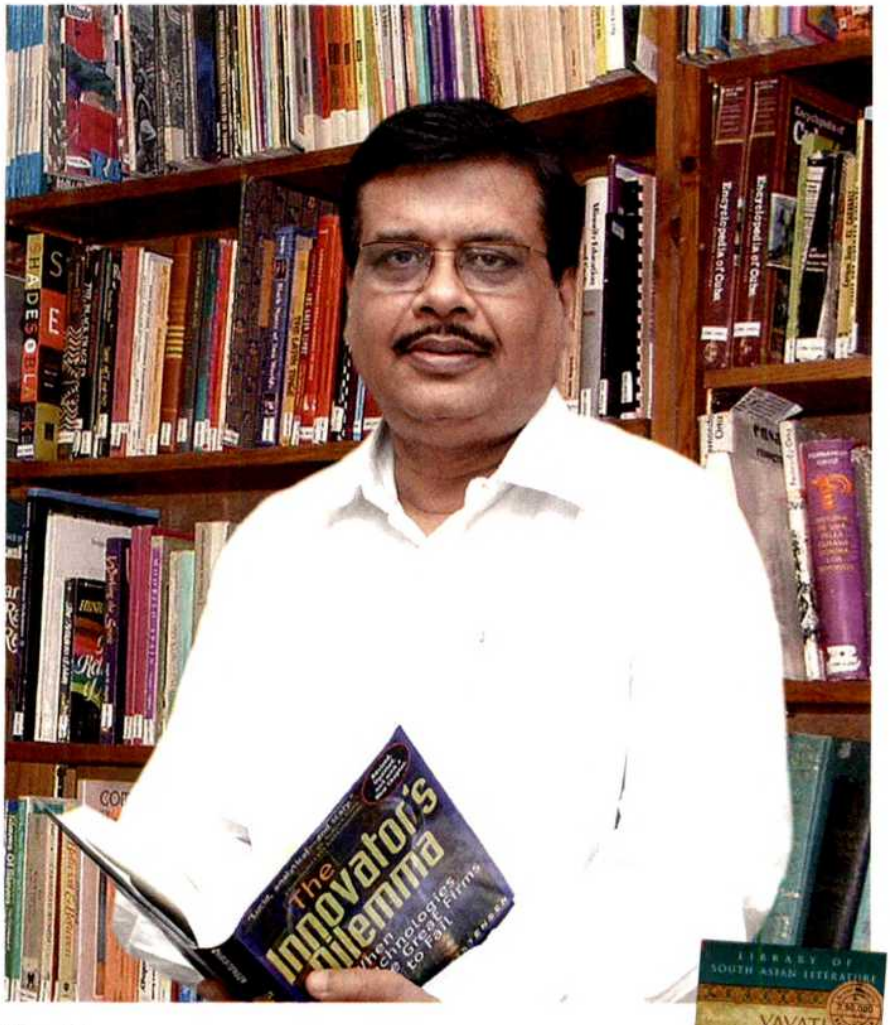
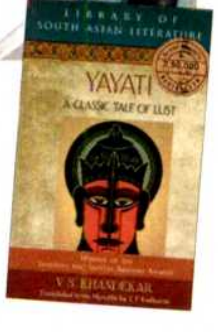
Y V VERMA, COO, LG INDIA
talks about the books that have made him what he is today





Yayati

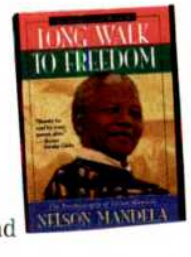
by V.S. Khandekar

The book has imbibed in me a deep respect for the universal laws of nature. It is ultimately these laws that govern life and help you rise above the habit of evaluating and judging the 'good' and 'bad' in people.

Long Walk to Freedom

by Nelson Mandela

The book has helped me understand that greatness isn't a virtue conferred on a person, but is rather the course of one's life. Our actions and thoughts on each day of our lives will determine our greatness.



Innovator's Dilemma *by Clayton M. Christensen*

The author emphasises the importance of recognising 'disruptive technologies' which are simpler, cheaper and more convenient to use.

LIZ'S SPARKLE

After reaching an agreement with Elizabeth Taylor's family, Christie's will be auctioning the legendary movie star's personal jewellery collection later this spring. Estimated at a roughly $150 million, most of the pieces in the collection were gifts to Taylor from her admiring male stars, including her Cleopatra co-star Richard Burton. Part of the proceeds will go towards the AIDS foundation set up by her, so dish out the greens and sparkle for a cause.

LEFT VS RIGHT

For those who believe that being left-handed is just a motor preference established in the developing stages, think again. In a recent study by Dr Carolyn Choudhary of Queen Margaret University, the research concluded that left-handed people are more affected by fear, and have double the chances of Post Traumatic Stress Disorder as opposed to their right-handed counterparts. Scientists are using this theory to understand how the brain deals with fear.

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Restaurant Reviews

America's Ode to Italy

Prompted by its soaring popularity, California Pizza Kitchen, the American casual dining chain, has opened its second outlet at High Street Phoenix in Mumbai and offers some great Italian dishes that shouldn't be missed

BY ANAMIKA BUTALIA

The Pepperoni Supremo made in Italian pomodoro sauce with pepperoni, mozzarella, parmesan and fresh herbs kept its top spot by being as aromatic and flavourful as expected

Since its launch in India, California Pizza Kitchen (CPK) has opened new outlets around office spaces. The first one was set up last year in Bandra Kurla Complex (BKC) while the newest property is in High Street Phoenix (HSP). Both have but a small percentage of residences in the immediate vicinity. Another similarity is that both outlets accommodate 180-covers at a time. CPK HSP seems larger due to the undivided indoors while CPK BKC has an indoors and an al fresco seating arrangement. The all-wood interiors at HSP lend a grown-up look and feel to the diner and on weekdays, not surprisingly, one sees many business suits enjoying a pizza.

The layout of the diner is very clean. It showcases an open kitchen which is divided by a long bar counter, and the rest of the diner has more comfortable

booths than tables.

The chain has its origins in Beverly Hills, California but CPK's menu is like a tour of popular culinary destinations like Italy, Mexico and even Thailand. The Thai Crunch Salad is an interesting mix of ingredients like shredded Napa cabbage and julienne carrots along with grilled chicken, crispy wontons and peanuts. These are tossed with lime-cilantro and Thai peanut dressings and give the salad a wholesome flavour. Don't miss the Baja Fish Tacos. Although sauteed fish is rarely ever added to tacos, this innovation is delicious. The hummus appetiser is delectable and has a new twist, with the addition of soya sauce in it.

The original BBQ Chicken Pizza (regular crust) seemed to leave a lot more of the BBQ sauce taste on one's palette than necessary. But the Pepperoni Supremo made in Italian pomodoro sauce with pepperoni, mozzarella, parmesan and fresh herbs kept its top spot by being as aromatic and flavourful as expected. The Chicken Asada is unmistakably the Indian-addition on the menu and the only one at that. Its toppings include grilled chicken, fire-roasted mild chillies, onions, cilantro pesto and mozzarella, and it is served with a side of roasted tomato salsa.

The pizzas can be teamed with flavoured Italian soda (raspberry makes for a fine choice), a beverage unique to CPK. Desserts available here are regulars like tiramisu, cheesecake, brownies and chocolate cake. Food apart, their selection of teas is truly fantastic.

CPK has what it takes to hold its own despite sharing Phoenix's premises with some of the most regularly visited restaurants in the city like Indigo café, ManU café, Canvas and Gajalee. The only flipside to its location–parking woes and the mad rush of people to this mill compound which is a popular something-for-everyone shopping destination.

Meal for two: Approximately ₹1,200 without liquor.

Address: High Street Phoenix, 462, Senapati Bapat Marg, Lower Parel, Mumbai. **Phone:** 022-65558888

A Tryst With Soul Food

Tryst MusiCafé has what it takes to become the friendly neighbourhood hangout for foodies in Delhi

BY ANUSHREE BASU

If one restaurant succeeds at an upscale shopping destination, expect a whole bunch to mushroom sooner than you can say hungry. The newest and possibly the busiest eat-street in Delhi, with a line up of Spice Market, Punjab Grill, Orange Hara, Sattvik, and Aquum, is feeding hungry shoppers visiting the malls in Saket. Tryst MusiCafé is the newest addition to this list. That it toes the line of a young and trendy lounge bar with comfort food and live music seems to have worked in its favour.

Step inside and you will find a live band belting out some regular Bryan Adams and Bon Jovi numbers (they ought to work on their playlist). To your right, there's a huge projector screen dishing out the live telecast of the day's IPL match. Take a seat on one of the comfortable white sofas that go well with white wainscoted walls and chandeliers in glass frames.

My meal began with a rather delightful yet not a very filling starter. Seven—a chef's speciality—is a combination of cacik, mumara, ranch, hummus, green garlic mayo, peanut dip and cheddar cream, served along with pita and cucumber batons.

Up next is Cognac Garlic Prawns that were tender and lived up to their name. Calorie watchers can feast on the restaurant's wide variety of salads; I sampled the Tryst Caesar with chicken and anchovies that were fresh and flavourful. The restaurant's signature dish, Tryst Special Jamaican Jerk Chicken served with tomato basil rice is fiery, so stay away if you can't handle the hot stuff. The chicken's taste and texture is spot on, and this dish is an easy winner for those who like spice in their dishes. The Spaghetti Rust Rusty Rustica with grilled veggies, jumbo garlic slices, olives, parmesan, and chilli flakes failed to make an impression.

A gold leaf-wrapped *Motichoor* is clearly an Indian accompaniment to the *desi* offerings by the restaurant and is served hot and mean. The home-made Tiramisu, while edible, could have been a tad richer in texture.

Overall, Tryst MusiCafé is experimental and unpretentious; much like a soulful meal from mum's kitchen.

Meal for two: ₹2,000 plus taxes sans alcohol.

Address: Salcon Ras Villas Mall, Behind Select City Walk, Saket, New Delhi. **Phone:** 011-462911391

Second Innings

Chutney—Bar and Tandoor at The Metropolitan Hotel flatters with its presentation but falters with the food

BY ANUSHREE BASU

After working on a facelift for several months, The Metropolitan Hotel has pumped some much needed zing into its look, feel, and taste. Its restaurants too, after an image overhaul, have been completely revamped. The latest to join the league is Chutney—Bar and Tandoor. This Indian restaurant on the ground floor now possesses the hotel's only bar. It is a compact space with cubicles and minimal décor in wood and muted tones; light, breezy curtains over a wooden mesh frame separate the bar from the restaurant area. A very relaxing space.

The new menu is sharper, with a focus on grills. Chutney, as the name suggests, is as much about the accompaniment as the food itself. At the restaurant, I am told, they make over 200 varieties of *chutneys*. On my table there was a good spread of hearty coriander, mild mint and yogurt, and pretty papaya *chutneys* to be savoured with th *papads* (crispies) as I waited for my starters.

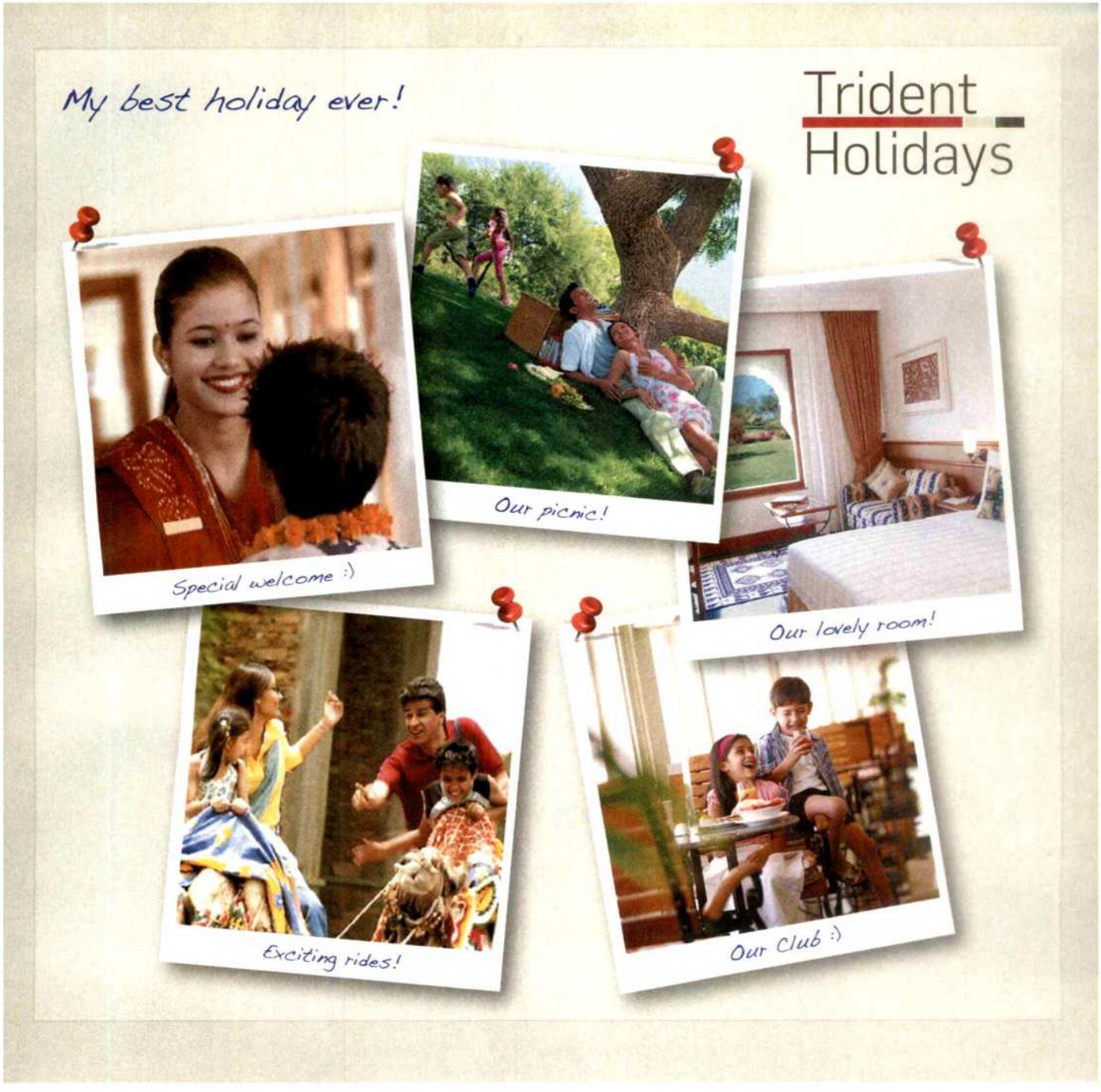
The *Sunehri Macchi* (a buttery sole topped with spinach paste), *Samundari Leher* (grilled king prawns in tomato and chilli batter garnished with red and yellow bell peppers), *Rasooli Tikka* (creamy chicken *tikka*), and *Paneer Tikka* are delicate and delectable. But *Kankar Seekh* (seasonal vegetables wrapped with lentils) was too dry and lost in comparison. The *Zaffrani Murgh* soup too was watery and mediocre to merit a mention.

As hope dwindled, redemption came in the form of the main course. The *Chutney Dum Biryani* can easily be called the high point of a meal here. The *biryani* comes wrapped in a *tandoori roti* and is *dum* cooked. The restaurant gets full brownie points for presentation and of course the flavours.

I wrap up my meal with an *Angoori Paan* and *Shaahi Tukda*—safe bets as desserts—for a sweet finish. Overall, Chutney's a great place to dine, but the menu needs to keep up with the décor.

Meal for two: ₹2,500 without liquor.

Address: The Metropolitan Hotel, New Delhi. **Phone:** 011-42500200.



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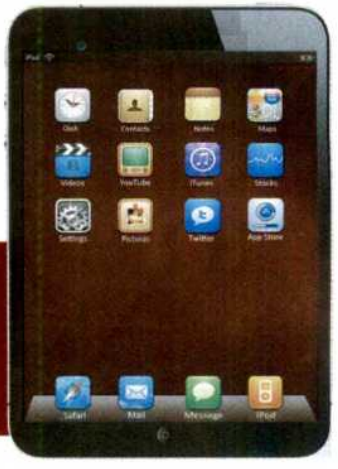
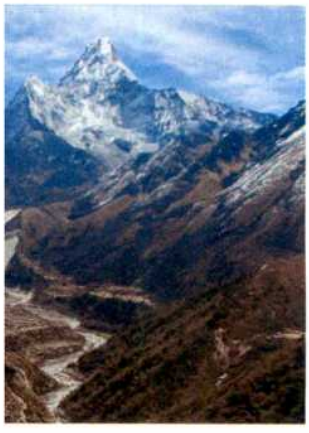
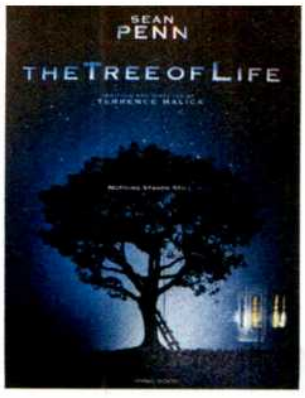


BT More's The ONE ON

Celebrating BT More's anniversary, we bring you a pick of the most desirable experiences on offer- from destinations to gadgets to wines. Indulge!



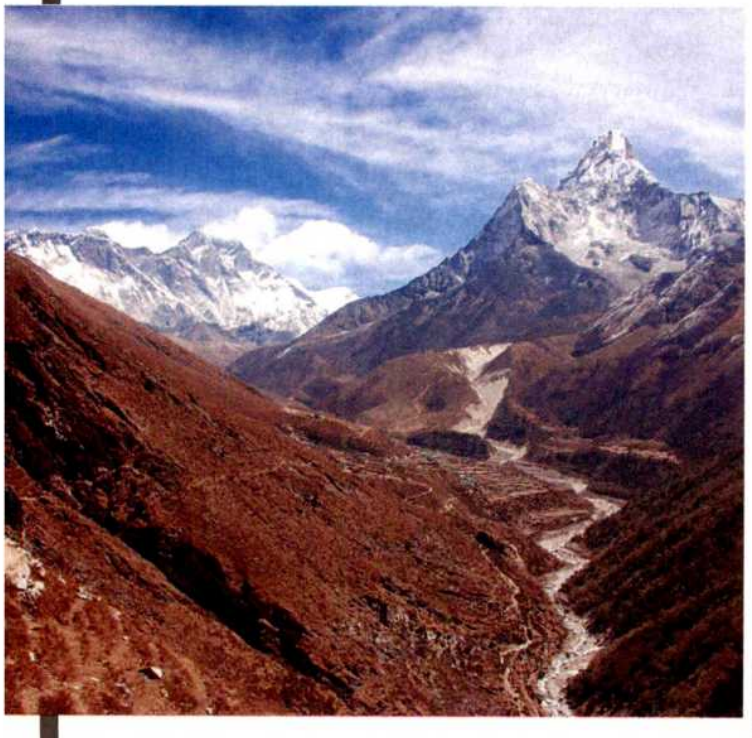


AND LY

Last year, amidst a flurry of great expectations and promotions, the maiden issue of the new-look BT More was launched. It was conceptualised as a magazine that celebrates both the good life and the hard work that goes into making one. A magazine that is as much for business brunches as it is for the heady afterhours. In times when business and leisure are increasingly bridging the gap, BT More has found its place in the world of well-versed and well-heeled men who are as much at ease in a boardroom as they are when picking their single malts and Cuban cigars.

As a part of our celebration for the magazine's first anniversary, we have brought together 15 desirable experiences—from gadgets, watches and shoes to bars, restaurants and cigars and other side orders as well. 'The One and Only' list in luxury and lifestyle is bold, bespoke, and means business.

DESTINATION



WALKING THE GREAT TRAIL

Head out to Nepal to walk the greatest mountain range on earth in great style and, yes, great luxury too

When Australian trekker and mountaineer Robin Boustead first thought of the idea he was laughed at. A 1,700 km trail stretching across the length of Nepal, along the crest of the Great Himalayan Range which would take about 157 days to complete and cost some £20,000 (₹14.7 lakh)? Who'd want to do such a thing? Boustead thought otherwise and after a decade of meticulous research, and establishing contacts with the best adventure travel companies and the world's leading mountaineers and Sherpas, Boustead's dream came true early this year. Don't worry, this does not mean you have to spend over three months on the trail! The walk has been broken down into 10 sections, each lasting between 18 to 25 days, with all-inclusive packages from ₹1.4 lakh to ₹3.5 lakh depending on the length of the section. The cost includes all amenities, including the most luxurious tented accommodation possible, star mountaineers as guides, and a team of crack Sherpas looking after you. **Website:** www.worldexpeditions.com

TURIN

Turin is definitely the place to be, as the venue for *Esperienza Italia*, a nine-month celebration of the 150th year of the founding of the Italian state. Discover this magical city of the Alps, dotted with sumptuous baroque palaces and art nouveau mansions, surrounded by rolling green hills and the distant snow-peaks. It is also the centre of mouth-watering Piedmontese cuisine and shaded arcades housing swanky fashion boutiques and aperitif bars. **Website:** http://eng.italia150.it/

TURKU

Europe's prestigious Centre of Culture for 2011, this compact and fun-loving former Finnish capital is getting ready to party. Not that it has ever stopped. A lively city, with the river Aura a hub for floating bars and restaurants, along with beautiful medieval buildings and the nearby fjords, Turku's the city you'd never thought you'd want to visit. During the long sunless winter nights, Turku parties for some six months, which includes downing some of the whackiest cocktails . What's not to like? **Website:** http://www.turku.fi

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HOTEL

ROMANCING THE ALPS

A great new Spa resort in the heart of the French Alps is sure to warm your heart

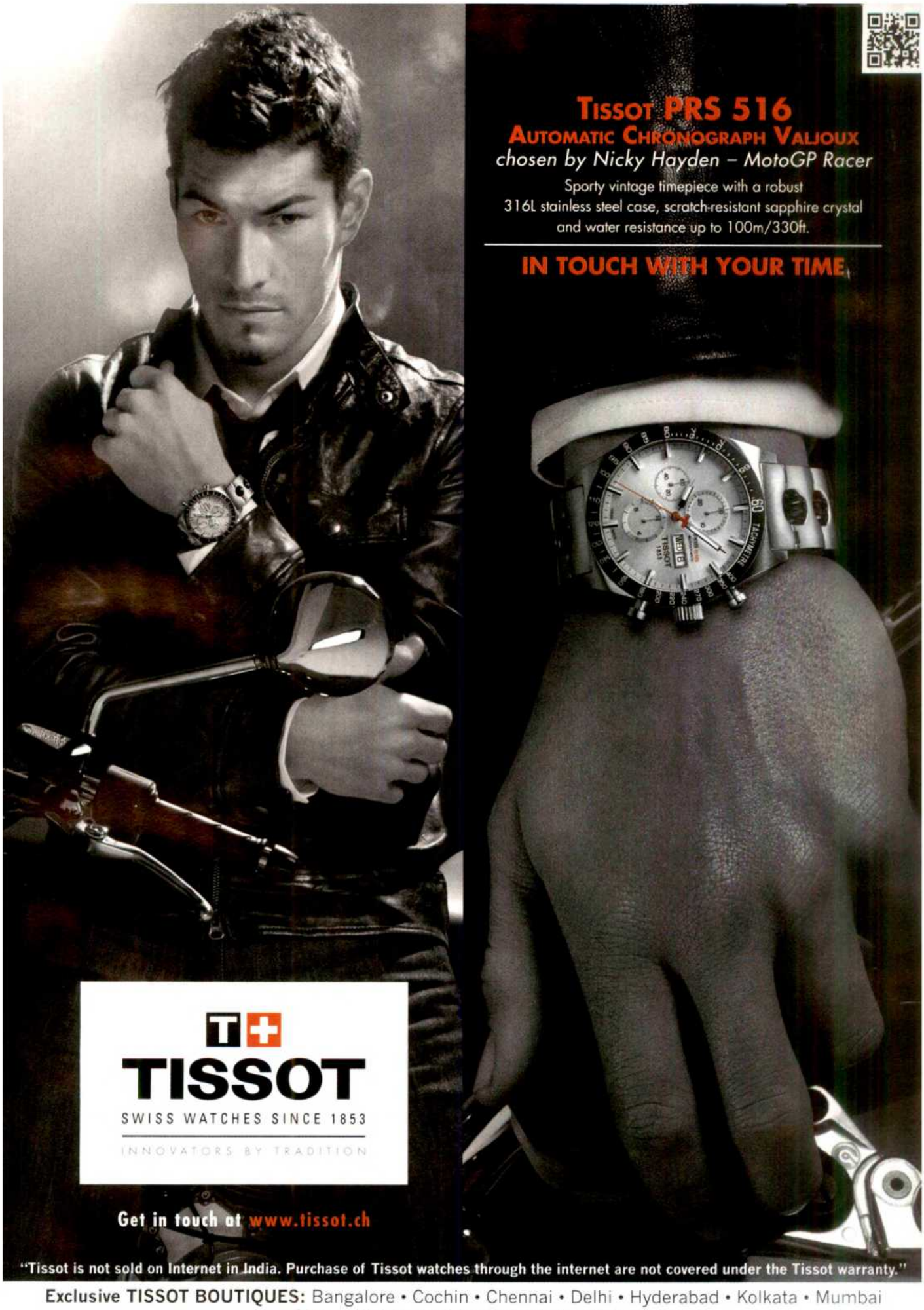
The "Heart of the Village" couldn't be a better name for the incomparable hotel Au Coeur du Village in the beautiful ski town of La Clusaz in the French Alps just an hour from Geneva. What was already a tempting treat has been transformed into a must-visit thanks to this opulent and luxurious hotel and spa. Home to beautiful pine-panelled rooms with furry cushions, rugs and throws, Au Coeur doesn't disappoint the discerning traveller. If you're not likely to ski, you could at least enjoy the beautiful views at your leisure out of the massive floor-to-ceiling windows that overlook the slopes. The hotel boasts of 50 such suites, each one with a view, and each one crafted with refined aged wood and boasting a large balcony for some alpine sunbathing. If you're looking forward to sybaritic pleasures, the high-concept restaurant, under Chef Christophe Pacheco, amazes with local French cuisine, with a focus on eco-cuisine and local ingredients. The Cristal Spa has four dry treatment cabins and one moist cabin for a large choice of massages, scrubs as well as a recreational pool and a hammam. It's the perfect complement to your skiing holiday. **Website:** www.hotel-aucoeurduvillage.fr/en

SONG SAA ISLAND

Lying in Cambodia's untouched Koh Rong archipelago, the twin islands of Song Saa have much to offer--blue seas, golden beaches, pristine corals and privacy. Khmer for "The Sweethearts", the resort consists of 27 free-standing villas, each of which can be leased for either a 30-day period or longer. The resort will manage your villa for you for the first 5 years, and then on a 50-50 basis. Prices start from $600,000 for the 99-year lease. **Website:** http://www.songsaa.com

LA MAISON CHAMPS ELYSÉES

This beautiful boutique hotel, has been lovingly renovated by the Paris-based fashion house Maison Martin Margiela. The perfect place to impress, check out the hotel's 40 rooms and suites in a great location close to the Arc de Triomphe and the Place de la Concorde. Minimalist in design but dedicated to luxury, the hotel also houses a haute cuisine restaurant. Doubles begin from Euro 220 (₹14,080) a night. **Website:** http://www.lamaison-champselysees.com



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RESTAURANT

KEEPING IT REAL

It created a revolution in culinary arts when it opened seven years ago. It is still winning awards

Chef René Redzepi had a great idea at the turn of the millennium. In these times of vanishing local cuisines, why not start a seasonal restaurant that provides only local Nordic food (Redzepi is Danish) and that too with ingredients that you can only buy, source or scavenge locally? Thus was born the cutting-edge restaurant Noma- an amalgamation of two Danish words, *nordisk* (Norway) and *mad* (food). It was an unheard of idea then, with the Spanish El Bulli dictating the terms of what makes a restaurant top-class . No one was sure how Noma's austere look would be received. There were those who were impressed by the idea but were prepared to be disappointed by the food. Noma proved them all wrong. To begin with, Redzepi, as a chef, has taste and style, and this is necessary if you want to prepare world-class meals. It is his dedication to regional ingredients which is becoming the norm in haute-cuisine. Some even say that 'Modernists' like El Bulli and the Fat Duck have met their nemesis in Noma.
Website:
http://www.noma.dk/en

EL BULLI

To most foodies, Spanish haute-cuisine king El Bulli needs no introduction. This legend will shut shop indefinitely in December 2011, so we had to include it in this list. Chef Ferran Adrià recently announced that the restaurant with a decade-long waiting list will be turned into a culinary foundation. So now is the time to bribe, bully or cajole your way into this culinary mecca to try the rabbit brains and oysters or the olive that's a balloon of agar jelly full of olive oil. **Website:** www.elbulli.com

THE GILBERT SCOTT

The historic and delightful St. Pancras Hotel used to be a classic Victorian era Gothic building in London. Closed to guests in 1935, it has been renovated and is once again open to the public. The real story though is it's great new restaurant The Gilbert Scott named after its original architect. Brainchild of British ace chef Marcus Wareing, this 120-seater restaurant serves classic British recipes that are locally sourced. It also has a 50-odd seater pub.
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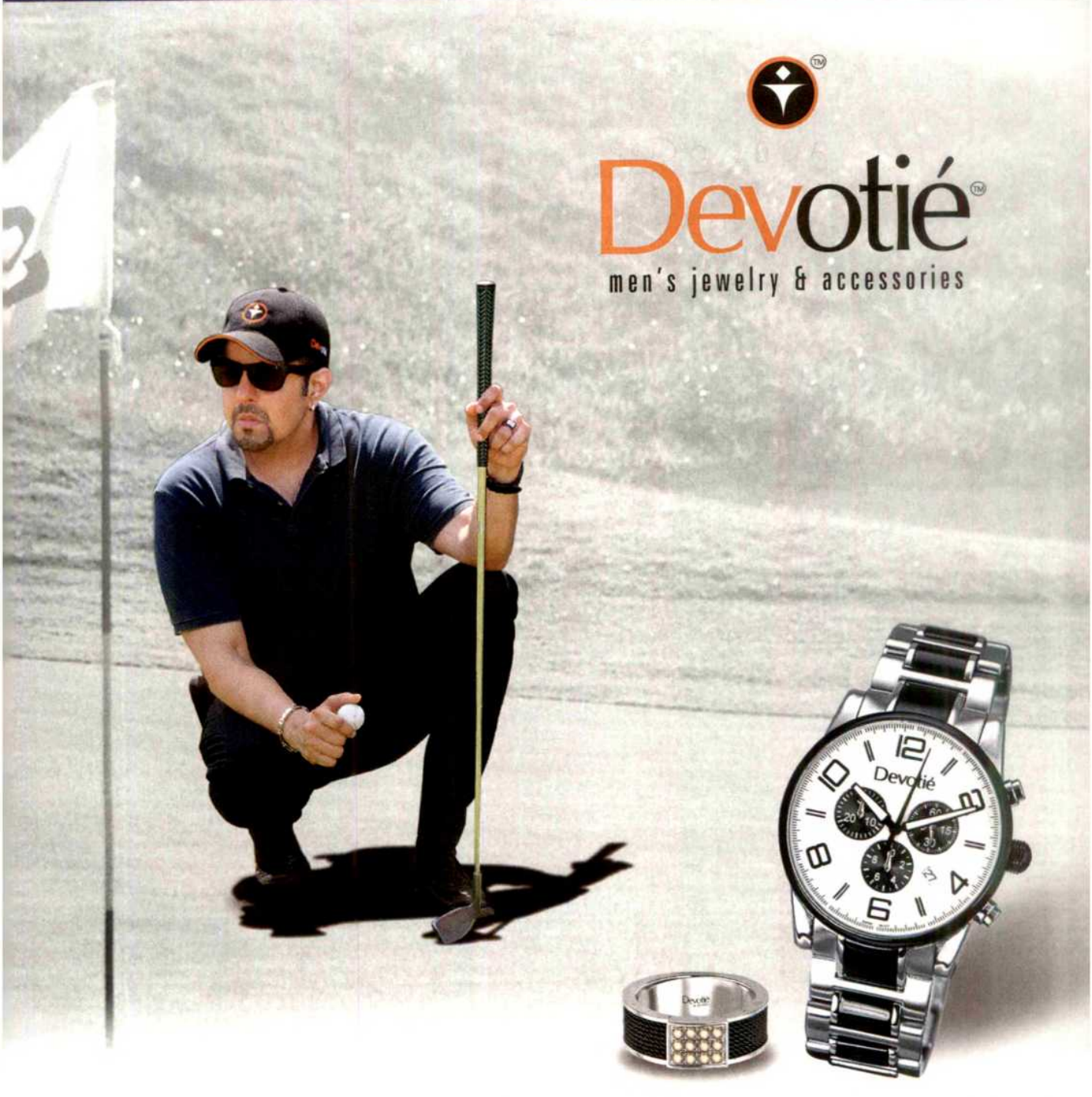

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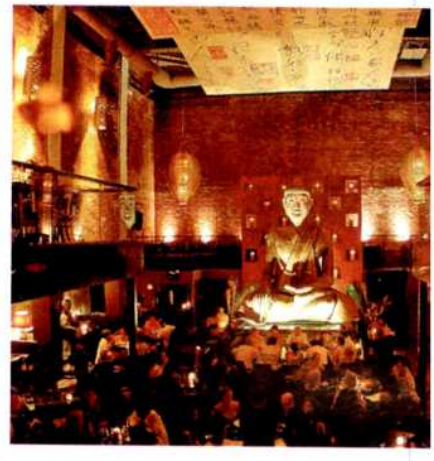
BAR

DRINKING WITH HEMINGWAY

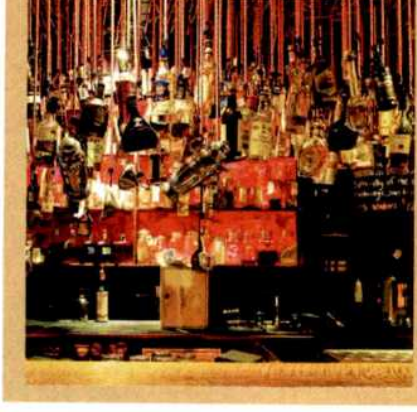
A drink at the bar that inspired the grand old man of American letters is a fine way to soak up the bygone days of Parisian bohemia

The bar at The Ritz in Paris was where Ernest Hemingway whiled away many a drinking hour and decades later it has been renamed in his honour. A piano bar, it has been restored to its original appearance with rich wood panelling and leather armchairs. Tourists dressed to the hilt order fine wines and listen to fine classics. This bar is a treat not only because the drinks are of the highest quality but also because the prices are truly stratospheric: Euro 23 (₹ 1,471) for a cocktail. Save a visit for a special occasion and allow the eccentric and excellent barman Colin Field to look after your every need. You will be following in the footsteps of that most prodigious of sundowners, Hemingway! **Website:** www.ritzparis.com



AJNA BAR

Formerly called the Buddha Bar, New York's dynamic, vast, three-room playground exudes a foxy Asian flair and a jaw-dropping design. Stop to gawk at the towering black-lacquered Buddha resting peacefully under the pyramidal skylight, towering over the well-heeled crowd in floating VIP pagodas. Other charms include the lush lounge bar, the many cocktail tables, and the opium beds. There's no cover or list, and there is a glass-encased standing lounge for smokers and a gift shop to purchase the bar's eclectic, world beats soundtrack. A Big Apple landmark. **Website:** www.buddhabarnyc.com



DER RAUM

For those of you with no grasp of German (even though the restaurant's in Melbourne), Der Raum means The Room. It is infinitely hipper than your average Bavarian Beerhall. Cocktails are the thing here: innovative and made with fresh fruit rather than cordials and syrups. Pop across on a Thursday and watch the bartenders get experimental. Drinks here may be costly but the expertise is definitely worth paying for. **Website:** www.derraum.com.au

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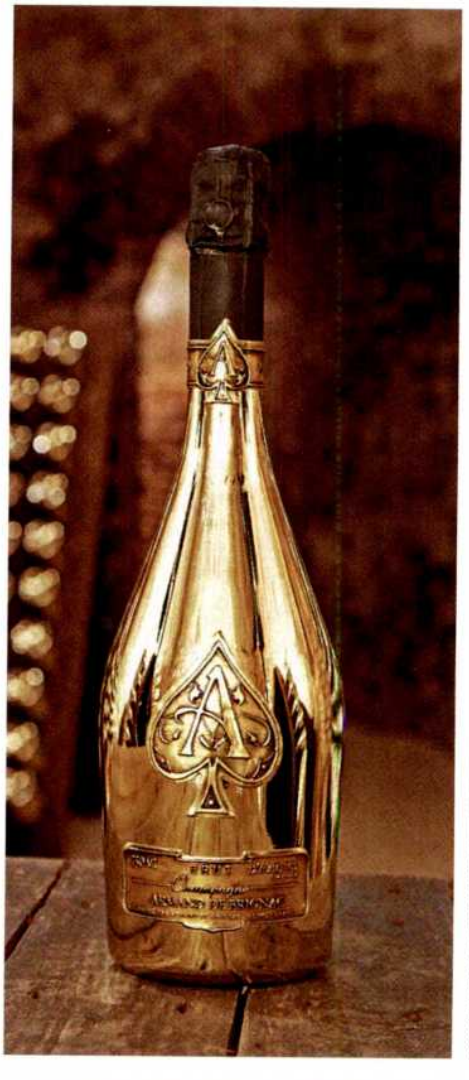
CHAMPAGNE

ACE OF THE PACK

When it comes to superstar champagnes, this blinged out bubbly is the clear winner; a hip-hop heavy hitter that stunned everyone

The Armand de Brignac, or 'the ace of spades' as it is now popularly known thanks to the eye-catching image on its label, made its entry into the world of rarified spirits in a somewhat unusual manner. There was no word out about of it until the ostentatious, shiny bottle was spotted in a video by rapper JayZ' in 2006.Two days after this appearance, this now-iconic bottle was all over the media. Today, in just five short years, this bottle has risen up the ranks and overtaken Dom Perignon and Krug as the undisputed heavyweight champions. As befits a champagne like this one, the Armand created shelf space for itself by becoming synonymous with wealth, status and high society. The champagne is, of course, of unmatched quality, and each bottle is specially hand-packaged in limited quantities. Owned by the New York-based Sovereign Brands in partnership with Cattier, this boutique production has certainly made its mark. So the next time you're toasting something special, this is definitely the bubbly you want to pop!
Website:
www.armanddebrignac.com



PIPER HEIDSIECK

With six different champagnes, Heidsieck churns out high volumes but keeps the quality top notch. Drawing on over 200 years of wine-making heritage, the brand has consistently raised the bar. Last year, the champagne house entered into a partnership with The Wine Society of India,which means that it is now easily available here. With primary notes of citrus and pear, each blend is aged for a minimum of 24 months--the results speak for themselves!**Website:** www.piper-heidsieck.com

DOM PERIGNON ROSE

Produced by renowned champagne house Moët & Chandon, the rose varietal has been successfully produced since 1959. Displaying an intense mix of tropical and citrus flavours, this vintage champagne uses only the best quality of grapes and is highly sought after owing to its limited production.This is, lest we forget, the same bubbly that touched a record price of $84,700 at a historic champagne auction in New York in 2009. Raise a toat to this bubbly!
Website: www.domperignon.com

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bates 1721

WINE

GRAPES OF GLORY

Brought to life in the historic vineyards of Bordeaux, the Chateau Lafite Rothschild 1982 vintage is expected to stun the world for the next 70 years

In May 1787, American President Thomas Jefferson spent some time at the sprawling vineyards of Bordeaux and listed Château Lafite as one of the finest wines to come out of this French region. All Château Lafite, regardless of the vintage and blend, feature almond and violent in their aroma. The legacy continues to this day. These red wines are intricate fusions of the grape varieties of Cabernet Sauvignon (71%), Merlot (25%), Cabernet Franc (3%) and Petit Verdot (1%). The 1982 vintage is the modern day equivalent of Lafite-Rothschild's immortal 1959 and is expected to be a favourite of connoisseurs for up to 70 years! It possesses a dark, dense ruby and purple colour that is gently lightened at the rim. Owing to a process of 18–20 year oak barrel ageing, one can sense an infused of smoky wood in its jammy cherry and black fruit aromas. While the finish lasts for nearly a minute, an aftertaste of tannin remains. A tad too powerful for a Lafite, the wine unfolds to reveal extraordinary complexity, purity and overall symmetry, besides a rich depth in its flavours and aromas. **Website:** www.lafite.com

CHABLIS BOUGROS GRAND CRU

Blended and aged on the Chablis vineyards of Greater Burgundy, France, this is an exquisite white. Intricately harvested by hand, the wine involves a gentle pressing of Chardonnay grapes which leads to well balanced flavours and aromas in each whiff and sip. While it is floral on the nose, it features a citrusy taste that draws on the notes of orange and lemon marmalade. Owing to the year-long ageing in oak barrels, the wines tout a slightly smoky flavour. This pale yellow spirit with slight reflections of green looks extravagent in pristine goblets and is best served at a 14°C (55°F). **Website:** www.wine-sofchablis.com

FAR NIENTE CABERNET SAUVIGNON 1995

Released in February 2011, this red wine was intricately crafted in the French wine haven of Napa Valley. It features an intense infusion of juicy, black and purple fruits of blackberries and boysenberries which are then layered with baking spices and licorice. Owing to this, the spirit is full bodied and juicy with a velvety middle palate. The particularly long finish of the wine is infused with dark mocha flavours along with chewy tannins on the side. **Website:** www.farniente.com

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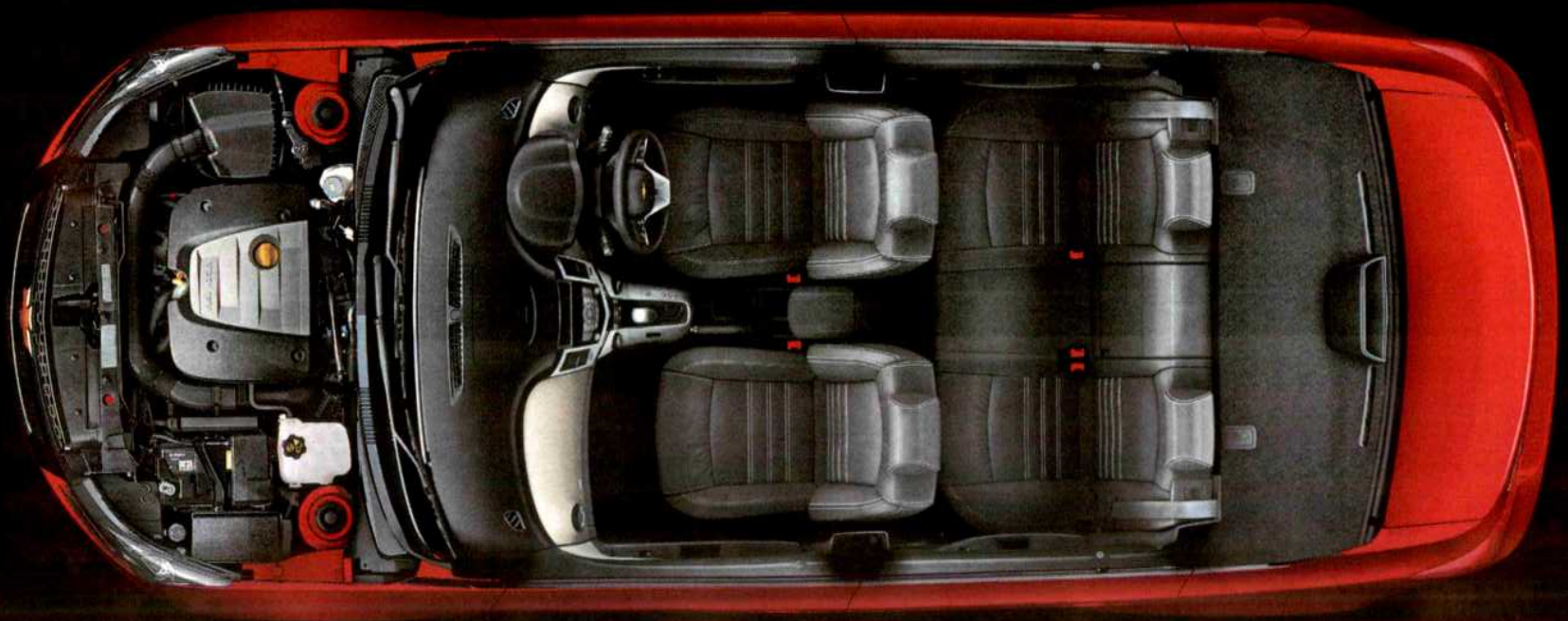

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CIGAR

PUFF OF CUBA

Explore the aroma and flavours of the Cohiba Behike 54 as you enter the world of the best of Cuban cigars

In 1966, the Cuban capital of Havana witnessed the opening of the El Laguito cigar factory. What was initially set up to address the demands of Fidel Castro and other heads-of-state has today ended up as an establishment that is a living advert for the superiority of Cuban cigars. An ode to its legacy is the Cohiba Behike 54, one of the most expensive and exclusive cigars in the world. The interplay of the Cuban-grown wrapper, binder and filler found in this robust extra cigar, leads to an eclectic mix of flavours. The light chocolate brown wrapper has a strong barnyard smell and offers a smooth draw. The first phase of the smoke offers woody and earthy hints of hay and cedar. The second phase begins on a spicy note and gets sweeter and creamier along the way, with intense earthy flavours. Named after a Cuban tribal chief, the Behike is designed to honour 40 years of the brand's heritage and is individually hand rolled under the guidance of Cuba's master tobacconist Norma Fernández Sastre. With a length of 5.7" and a Ring Gauge of 54 mm, ten cigars come packaged in each lacquered box, setting you back by ₹30,000.
Website:
www.thecigarsmoker.com

ARTURO FUENTE OPUS X

The quality of any cigar's draw is determined by its wrapper. Carlos Fuente Jr exploited the virtues of this science while crafting his full bodied smoke. Employing a rich Rosado wrapper from Fuente's organic tobacco firm, the cigar has been infused with spicy and citrus notes throughout the body. The 7 5/8" long double corona has a 49mm ring gauge and offers a rich and robust cedar flavour. The year-long rum barrel ageing also imparts a slight rummy hint. This is a connoiseur's classic
Website: www.cigarfamily.com

DUNHILL SIGNED RANGE TORO

With each box of 25 cigars individually signed by the maker, this is a collector's edition. The range binds the aroma of Nicaraguan and Dominican filler tobaccos in an African Cameroon binder. Scented with cedar and cinnamon notes, the full bodied cigars are cedary and spicy on the nose and leave hints of coffee, chocolate and sweet spice on the palate. Priced at about ₹23,750 for a box of 25, they're definitely worth the cost.
Website: www.thecigarstore.com

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CAMERA

PANASONIC LUMIX DMC-FZ100

The world of super-zoom point and shoots is a crowded one. At the upper end of the spectrum all the major players do a great job for the amateur photographer, but this one's the best do-it-all camera. You can shoot at 11 frames per second, and that too manually. Its full HD movie recording capacity is so good that it could very well render your camcorder obsolete. **Website:** www.panasonic.net

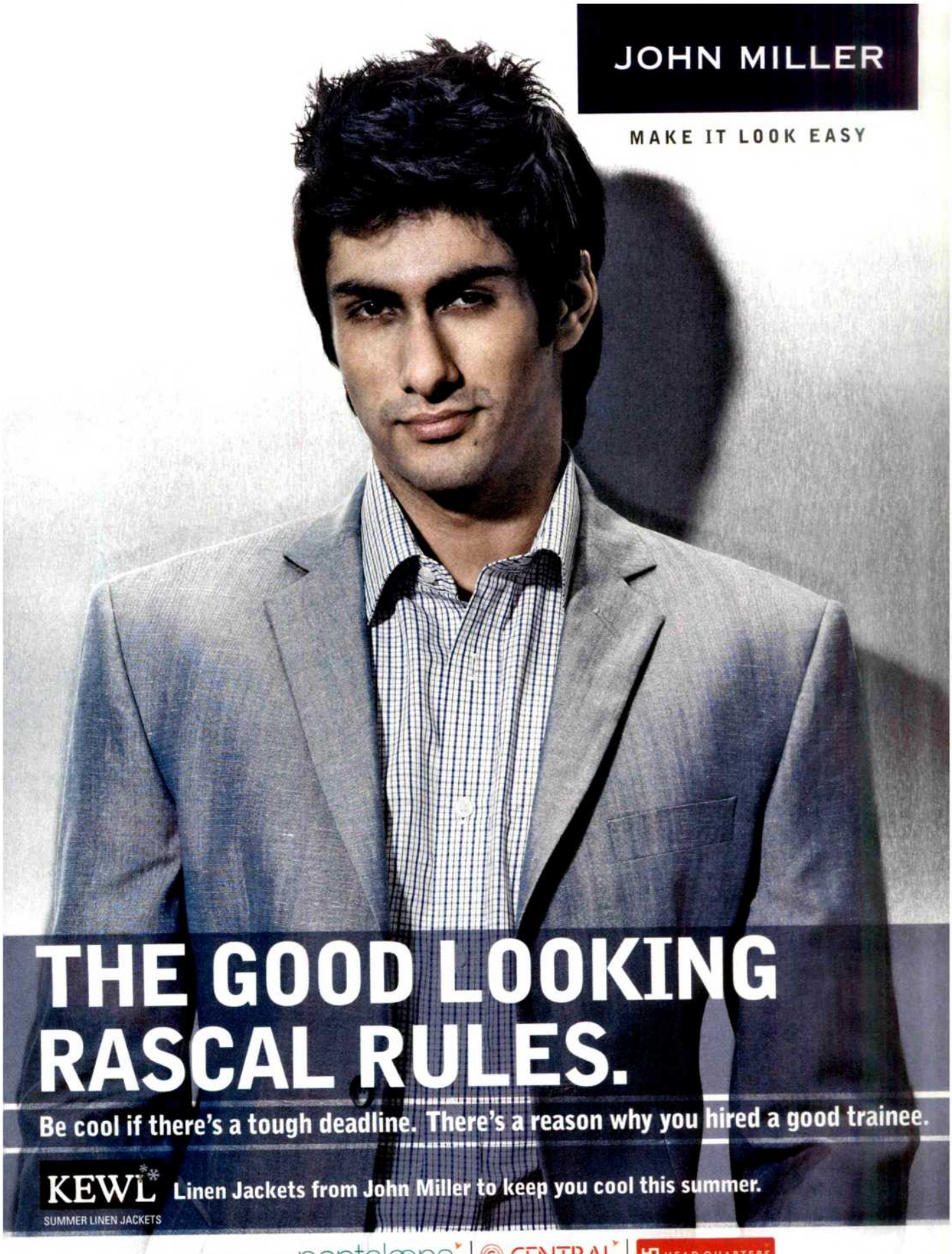
CANON EOS 60D

You care enough about photography to graduate beyond super zooms and yet feel no need to shell out massively for pro-quality DSLRs? The stylish Canon 60D is just the camera for you. A very capable camera that can shoot pictures of great clarity at high ISO speeds and its controls are very user-friendly too. Add to that the sheer quality of Canon's lenses and you get a great camera. **Website:** www.canon.co.in

SHUTTERBUG'S DREAM

Till a little while ago 'corporate gifting' a concept. Today,. of products which make for perfect gifts

When the D3S was first released in 2009, it took the photography world by storm. Camera majors had been promising a greater dynamic range forever, as newer generations of Digital Single Lens Reflex cameras (DSLRs) got smarter in evaluating light conditions- the single most important aspect of a camera lens- to give better images. Nikon's D3S was the first one that delivered on the promise, and two years on, it still looks like the best bet for shutterbugs that are serious about their photography. A 12.1 megapixel CMOS sensor ensures that there is great light sensitivity in normal conditions, while an enhanced mode that allows ISO settings as high as 102,400 makes sure that you can capture brilliant images in extremely low light. Then there's the speed, an astonishing 9 frames per second, which is a gift for a pro. Some of the competing models like Canon's 1D Mark IV and 7D do give the D3s arun for it money, in terms of add-ons, durability and sheer picture quality, this is it, and it can be yours for approximately ₹2.9 lakh. **Website:** www.nikon.co.in



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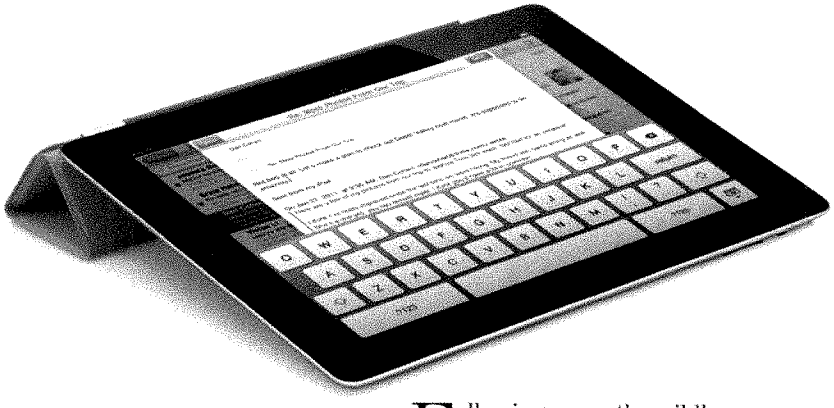
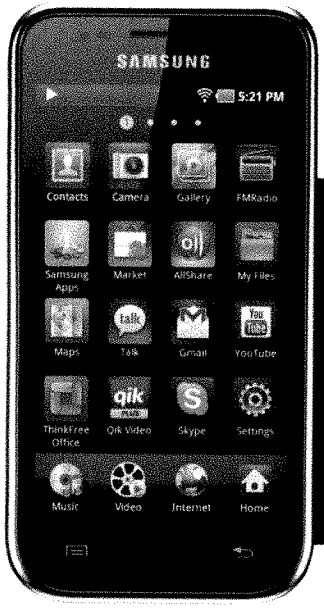
GADGET

SWEET TABLET

It's love at first sight for both techno geeks and those who know nothing about technology. Welcome the iPad 2



Following up on the wildly successful, market-defining tablet, Apple launched the iPad 2 this year. Its latest iteration is nearly identical to its first generation in its software and hardware. It is powered by a 1 GHz dual-core processor and boasts front and back facing cameras which bring to this tablet, Apple's unique face chat feature 'Facetime'. It is sleeker and lighter than its predecessor as the thickness has been scaled down to 8.8mm from 13.4mm and the weight has been reduced to 601g from 730g. In design, the iPad 2 leads from the front and offers stiff competition to competitors. It is an incredibly handsome and svelte package; the thin profile is thoughtfully crafted by combining tapered edges. A wide array of apps – like iMovie, Face Time, GarageBand – synced with the iPad 2 make it desirable. Despite nonstop playback, the gadget has an astonishing 10.5 hours battery life. A great accessory is Apple's Smart Covers, a screen protector in flap design. The protector's well-placed magnets attach to the iPad's edges to keep the screen clean and put the gadget to sleep. **Website:** www.apple.com/ipad



SAMSUNG GALAXY S

With a 1 GHz processer and 512 MB dedicated RAM memory, this android went on to become one of the fastest selling phones in 2010. The 4-inch AMOLED multi-touch screen is scratch resistant and comes with 3-axis gyroscope, digital compass, proximity and light sensors and the SWYPE finger tracking text entry application. With 16 GB internal memory and an external microSD of 32 GB, surfing and downloading Apps from the Android Market becomes ever so interesting.
Website: www.samsung.com/global/microsite/galaxys

NINTENDO 3DS

The latest from the wonderful Nintendo workshop is this hand-held console that supports glasses-free 3D. It boasts three cameras which deliver 3D images and effects in games and movie viewing. The tag mode keeps the device activated and connected to wireless networks even when not in use, enabling constant updates from the internet. The in-built sensors make the device motion compatible. **Website:** www.nintendo.com/3ds

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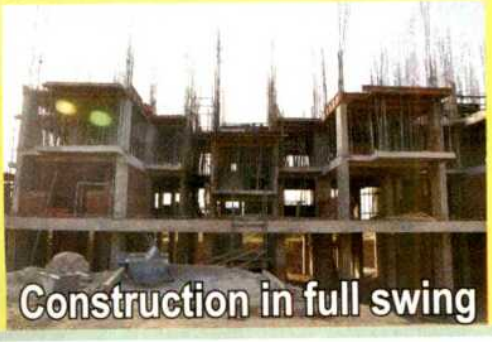

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WATCH

CLASSICALLY GREEK

A limited edition timepiece in rose and white gold impresses and allures at once with its fitting tribute to the King of Madecon

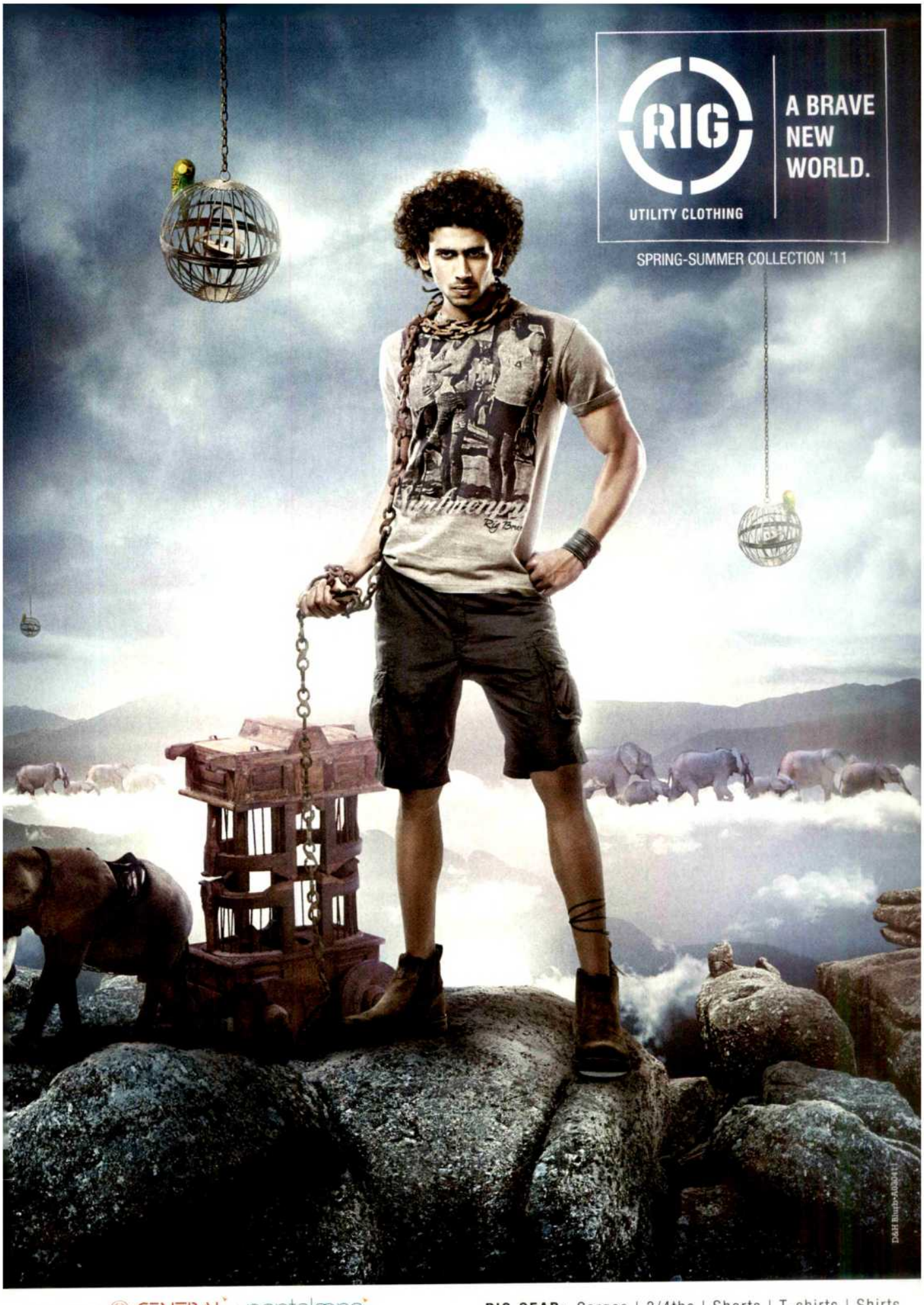
The Watch and Jewellery Show Baselworld 2011, Switzerland witnessed the launch of a magnificent timepiece which immortalises the King of Macedon, Alexander. The 'Alexander the Great Westminster Carillon Tourbillon Jaquemarts Minute Repeater' is set in 18K white or rose gold and touts a complicated mechanism. It features five handcrafted figures on the dial depicting Alexander the Great clad in armour and engaged in battle. While the engraving stands armed on horseback with a spear on one movement, it stands mutinous with bow and arrow on other. These battle engravings are synchronised with the sound of gongs, moving to the minutes, quarters and hours. Hand finished and adorned with 36 jewels, the movement looks striking against the deep charcoal-coloured background of its manmade polycrystalline diamond dial. A thing of beauty, it also has a 70-hour power reserve. **Website:** www.ulysse-nardin.com

HUBLOT'S BIG BANG CAVIAR

A successor to the brand's famous Black Caviar watch, the white variant is an extreme exercise in haute horology. Its 41mm wide case is crafted from polished ceramic which makes it lightweight and scratchproof. While the H-shaped titanium screws secured to the case and a rubber strap make it robust, the 25 jewels embellished in its body evoke grand metaphors of opulence. It features an automatic movement and a power reserve of 42 hours. It's a mix of ethereal beauty and accurate timekeeping. **Website:** www.hublot.com

TAG HEUER'S CARRERA MIKROGRAPH

Inspired by TAG Heuer's intimate links with motor racing, the mechanical chronograph let's you see the cutting edge of time with a striking central hand that can measure 1/100th of a second. It is a classic blend of the legendary Carrera sports car and the Mikrograph, the first ever stopwatch to get this accurate. The 0-100 markings on the dial make it easy to read and the blue central hand completes a dull rotation every second. The chronograph is limited to 150 models. **Website:** www.tagheuer.com



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YACHT

MIRABELLA

Mirabella was launched less than seven years ago. Since then, there are few yachts to compare the Mirabella to as far as 'orthodox' sailing sloops are concerned. Imagine a 247-foot-long yacht, with a single masthead, sailing gracefully along the waters. This wonder-yacht is large enough to accommodate a double-decker bus in its hull. And that is just one reason why the Mirabella is a marvel to behold in full glide over azure waters. **Website:** www.mirabellayachts.com

TOP RANKER

The emerging winner from the most thorough and accurate analysis of the global nautical industry

Among worldwide builders of luxury yachts measuring over 24 metres, the Ferretti Group has been ranked in the top slot by Showboat International's 2011 Global Order Book. In fact, the group's ship yard has released three award winning mega yacht models in 2011. In the elite yachting category, Riva from the group has an unparalleled distinction that has been built over the last 160 years. By gifting yourself one, you could join the likes of Sean Connery and Prince Rainier of Monaco as well as others who have owned Riva boats. A symbol of an unique rarified strata of luxury, the yachts enjoy a glorified status because of the techniques and principles that have been developed over the years. The Riva's craftsmanship is exquisite and the execution flawless. The clean design of the boat is matched by exclusive trimmings. A sense of unique style and matchless character symbolise a Riva. Simply put, a Riva boat is nothing short of an international phenomenon. **Website:** www.riva-yacht.com

ATHENA

The 90-metre long Athena is a traditionally inspired 'modern classic'. She is the pride of the Dutch yard Royal Huisman. Although classically inspired, Athena is also an exponent of modern technology with her very impressive 18.9 knots cruise speed. She is also the most expensive to charter. She may be chartered for USD 500,000 per week exclusive of additional expenses.
Website: www.royalhuisman.com

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ACCESSORIES

SAY IT WITH SWISH

Who said men don't need chic bags? Louis Vuitton is redefining men's accessories

Louis Vuitton's Autum-Winter collection 2011 is all about men's bags. Absolutely nothing beats leather whether it's for a serious office bag or a trendy messenger sling. The soft calfskin Damier Infini bags from LV are extremely chic. The fashion house continues to release beautifully crafted leather bags that are very masculine and sturdy. In fact, some of these bags are also discreet with not a single logo in sight, setting them apart from Luis Vuitton's basic collections. The bags owe their stunning looks to the 100 per cent vachetta leather that they are crafted from; it is a form of untreated leather which makes the bags susceptible to water and other stains, so careful handling is needed. Another line, the Damier Graphite Canvas work bags are high on style. Personalising the bags with a hot stamp of your initials is what makes them such a must-have. These are the best totes a man can want.
Website:
www.louisvuitton.com

BURBERRY

The Explorer leather tote bag from Burberry is much talked about; here's why. The chrome tanned and tumbled bag oozes panache. The bag has distinctive characteristics like its two snake head handles with topstitch detailing, a detachable crossbody strap with twisted dog clip buckle attachments, and an interior pouch attached to the back of the bag also featuring a zip pocket and two patch pockets. It is available in eight colours. The Burberry Prorsum inscription can be spotted in the front of the bag.
Website: www.burberry.com

SALVATORE FERRAGAMO

When in Rome go the Ferragamo way. Always top of the charts when it comes to luxury, Salvatore Ferragamo products are exquisitely made from nappa leather or calfskin. The bags produced by this fashion house are unpretentious, functional and exude flamboyance. The shoulder bags made in embossed calfskin are über-chic whereas bags with top zip handle in stamped calfskin make a good, functional choice. Since nappa leather is a full-grain leather, it is known for its softness. Bag one and walk in style!
Website: www.ferragamo.com

THE BEST FIT

Luxury at your feet. Intricately hand crafted Ferragamo shoes expect to be pampered between outings

No one can take away credit from a company that has realised its dream of bringing the most exclusive footwear to its clients. And this one has done so with an unerring accuracy that is nothing less than outstanding. Ferragamo shoes are a class apart from contemporaries. It has been so ever since this Italian fashion house started out in the shoe business. Its history dates back to the 1920s when the patriarch, Salvatore Ferragamo, began his career as a shoe designer. Over the years, the brand developed a few special lines like The Auburn Leather Latina Loafers and the Ferragamo Brandy Leather Torrent Wingtip Oxfords; the latter being as stylish as the former are comfortable. The Ferragamo Black Leather Lexus Monk Strap Loafers, albeit extremely stylish need to be taken good care of between outings. The rule of thumb with Ferragamo shoes is that one must let the shoes rest for at least a day before wearing them again. After all, a Ferragamo shoe does come with the best fit! **Website:** www.ferragamo.com

POLO RALPH LAUREN

Known largely for the apparel from their design and retail houses, Polo Ralph Lauren also has some very interesting designs in men's shoes. Among the boots, the Belgrade Boots oozes pride and authority by intimidating at first sight. The Ranger Leather Boots should be picked for an extra-curricular activities outside of work. The company's Chelsea boots are the ones that are a work of art, sparking style revolutions all over the world. In a PRL you can't go wrong. **Website:** www.ralphlauren.com

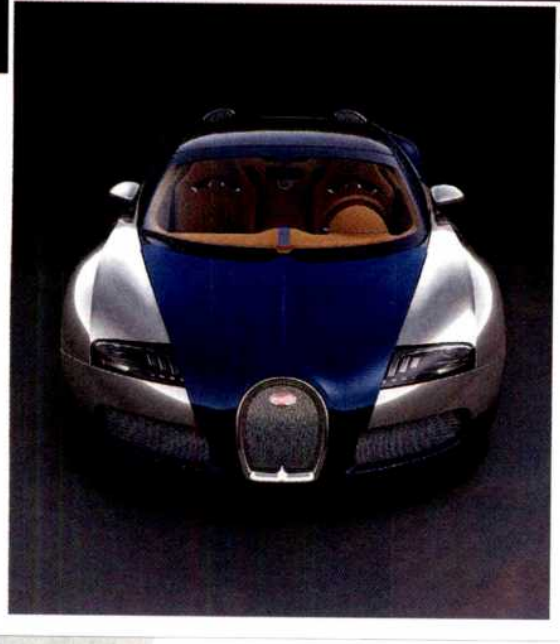
TANINO CRISCI

Based in Lombardia, the richest region of Italy, designer Tanino Crisci turns out just 25,000 pairs of shoes each year. These designs are classics that are updated annually to reflect the inevitable style changes. The shoes bear a strong Italian personality and have a luxurious presence. They also boast of an exceptional sturdiness to maintain the shoes' integrity regardless of your pace. **Website:** www.taninocrisci.com

AUTO

NEED FOR SPEED

It's probably the only car in the world which actually comes close to flying off the ground. Fasten your seatbelt!



MAYBACH 62 S

Going beyond the Maybach 62 in style and substance, the 2010 model runs on a bi-turbo V12 engine. The luxury car boasts a reprogrammed suspension and stability traction control systems for a sportier and sturdier performance. The interiors are an opulent mix of nappa leather and fine alcantara and come with Bose speakers, a rear seat refrigerator and climate control sensors. A trunk mounted Dunhill sun shade and two Champagne flutes hand polished in sterling silver by Robbe & Berking simply add to its style. **Website:** www.maybachusa.com

An output of 1001 bhp belched out from a 16-cylinder engine created by merging two V8s – this is what makes the ₹16.4 crore Bugatti Veyron Grand Sport the fastest street legal car in the world. However, before the Veyron gets to 407mph, there are some 'pre-flight' checks such as turning on a special key and making the air brakes fall down. The chic body consists of a carbon fibre monocoque suspended from an aluminium frame in the front and a carbon fibre/stainless steel frame in the rear. It is sheltered by a lightweight polycarbonate transparent roof which can be removed and stored in an interior fixture if you wish to breeze through the roads. The equally extravagant interiors are done up in fine quality backstitched nappa leather and are studded with a Puccini music system along with DVD player, superior satellite navigation and fitted with a reversing camera with 2.7 inch monitor in the rear-view mirror. The light stalks around the steering are made from special metal to keep the weight down as well. The tyres too are specially crafted for the Veyron. It's a cynosure to see it move and an even bigger spectacle to see the engine through the transparent cover. **Website:** www.bugatti.com

CADILLAC ESCALADE SRX

Sleeker and more powerful than its predecessor, the SUV is powered by a 6.2 litre V8 with 400 plus horse power. The 10-way power driver's seat comes with a memory feature which programmes the seat according to the driver's preferred position and body type. The in-car technology also features as many as 10 premium Bose speakers from surround sound, an in-dash six CD charger and a DVD based navigation system. You could mistake this car for a moving nightclub. This eight-seater features a removable third row which takes the cargo space up to 108.9 cubic feet. **Website:** www.cadillac.com

MOVIE

MISSION IMPOSSIBLE 4

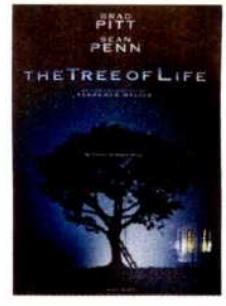
Tom Cruise is back yet again as super spy Ethan Hunt in the next Mission Impossible. This time he's got a bigger team with Oscar nominee Jeremy Renner joining the cast along with Josh Holloway. Not much is known about the international story of Ghost Protocol but we do know it's a planned start to a new trilogy with Renner taking over as the franchise's lead character.

COWBOYS & ALIENS

2011's most unique blockbuster, the genre-mixing Cowboys & Aliens takes its Western feel very seriously, blending in the horror of an alien invasion. Starring Daniel Craig, Harrison Ford, Sam Rockwell and Olivia Wilde, it's hard to go wrong with Jon Favreau working off a script worked on by Bob Orci, Alex Kurtzman, Damon Lindelof, Mark Fergus and Hawk Ostby.

SHOW STEALER

Prepare for a cross-dimensional and thought-provoking experience with Malick's next



Once every few years or even decades, writer and director Terrence Malick (Badlands, 1973; Days of Heaven, 1978; The Thin Red Line, 1998) creates a cinematic masterpiece for the audiences – films that are like the concave mirror of a creative power that seldom flashes over the big screen but seems to stay there forever when it does. Produced as a collaborative effort by Plan B Entertainment and River Road Entertainment, Tree Of Life is without doubt the film to watch out for this year. Here, Malick has added a cosmic dimension to his usually earth-bound style, creating a story that promises to take us on a journey way beyond our corporeal existence. At first sight, the story's message of "unselfish love" is anything but unique, and the "Tree Of Life" is a symbol of religious mysticism that has inspired many writers and poets, as well as filmmakers over the years. Like many Malick films, this one too has had a long gestation; Brad Pitt had announced his decision to produce it way back in 2007. For now, the expectations from this Pitt-Sean Penn-Jessica Chastain starrer are huge. Keep your fingers crossed.

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ANKUR BHATIA

EXECUTIVE DIRECTOR, THE BIRD GROUP

Lifestyle Moment: Kai restaurant, London

"The Kai restaurant in London offers a fine dining out experience for vegetarians like me. The quality and taste of their vegetarian options like the aromatic crispy beancurd and black pepper *chai*. The place allows me to entertain the most voracious of meat eaters without having to compromise on the quality of my meal."

PHOTO: HEMANT CHAWLA LOCATION COURTESY: THE OBEROI, NEW DELHI

MY FAVOURITE THINGS

Over the past year there have been some defining moments of beauty, of clarity and of living it up. As BT More celebrates its anniversary, we ask members of the business fraternity for their 'lifestyle moment of the year'.

A year is a long time in lifestyle, with trends changing as fast as a Twitter update. However, some things endure and come to define our lives in a way we'd never thought possible. We revisited some businessmen who were featured in our pages over the year, and some others who we spoke to for the first time, to share their top lifestyle moments. The list that has emerged is an eclectic mix of technology, food and rare spirits. Read on to see what moved these men this past year.

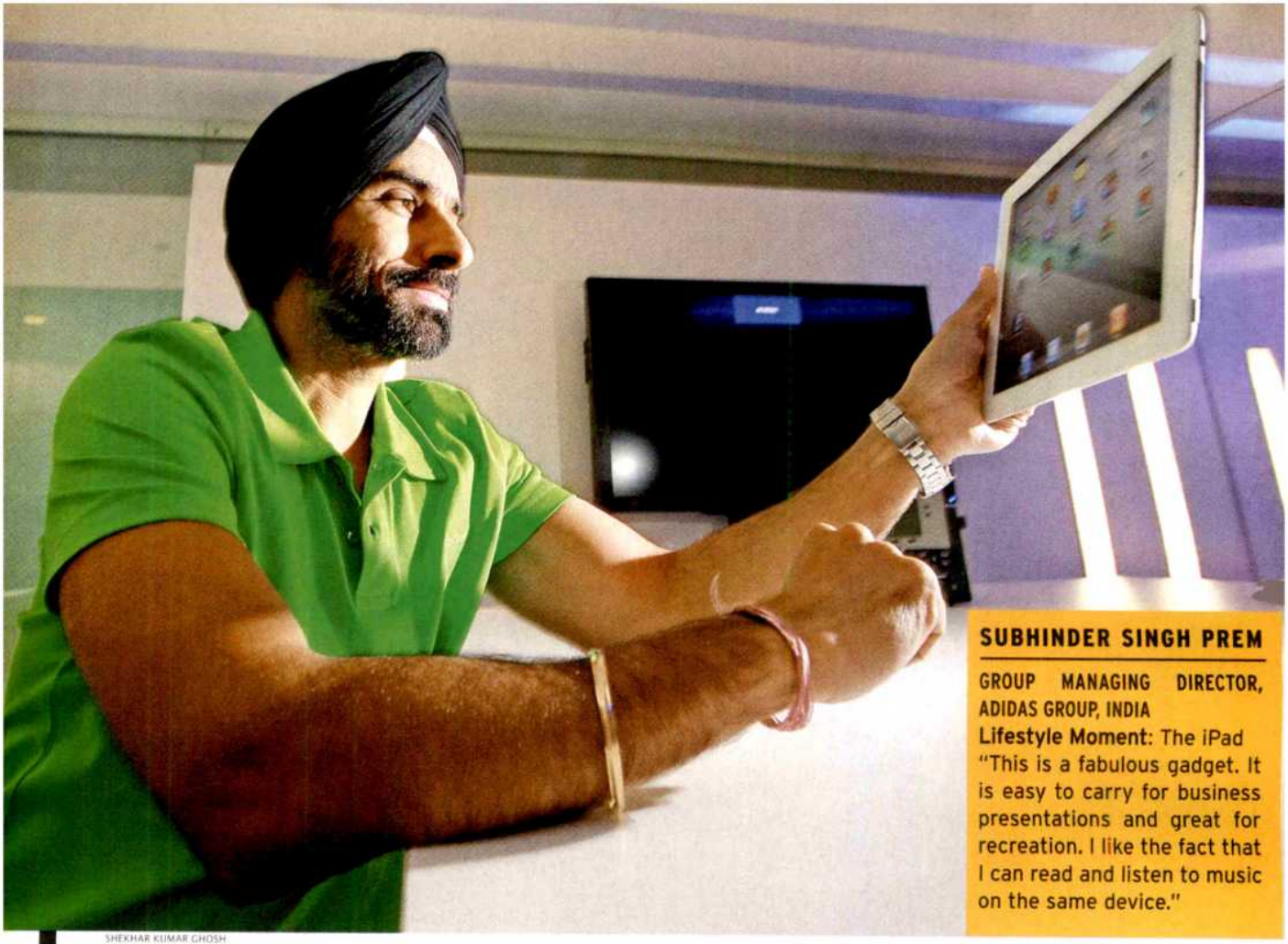
RELIBEN SINGH

VIKRAM MADHOK

MANAGING DIRECTOR, ABERCROMBIE & KENT INDIA PVT LTD

Lifestyle Moment: Whisky collection and a love for paintings

"I possess in excess of a dozen rare whiskies out of which the King George V is one of my favourites. The Balvenie 30 YO is the most recent addition to my collection. Besides, I also cherish owning artist Paribartana Mohanty's "*Kala hukka aur safed rumaal*"



SHEKHAR KUMAR GHOSH

SUBHINDER SINGH PREM

GROUP MANAGING DIRECTOR, ADIDAS GROUP, INDIA

Lifestyle Moment: The iPad

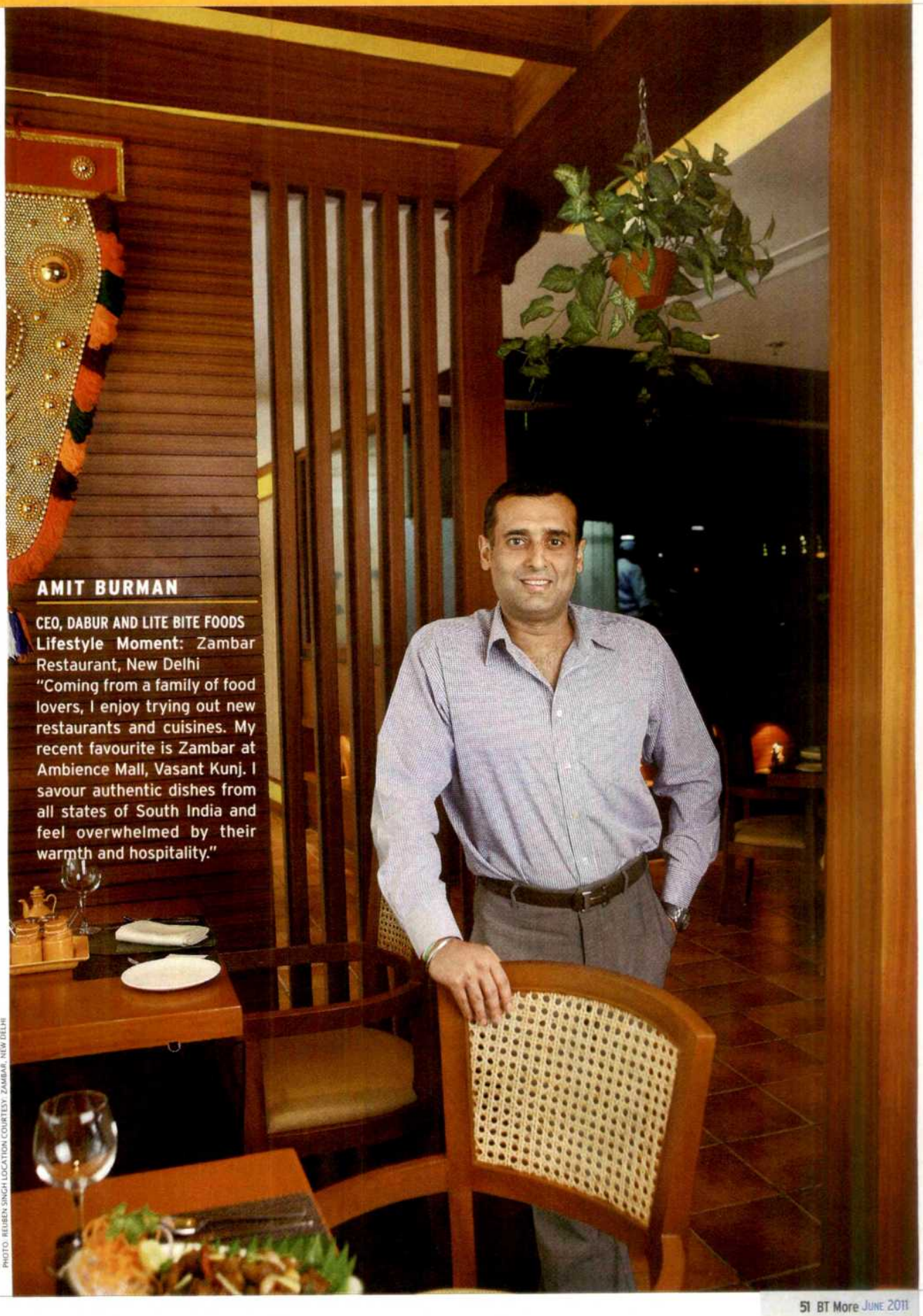
"This is a fabulous gadget. It is easy to carry for business presentations and great for recreation. I like the fact that I can read and listen to music on the same device."

ASHWIN DEO

CEO, ASIA PACIFIC BREWERIES, INDIAN AND SOUTH ASIAN OPERATIONS

Lifestyle Moment: Turning Point Wines

"We started our new range of wines earlier this year and the entire experience of launching them has been an exceptional one for me. From the celebrated process of winemaking to the end product which I personally adore, each step has been an exercise in luxury."



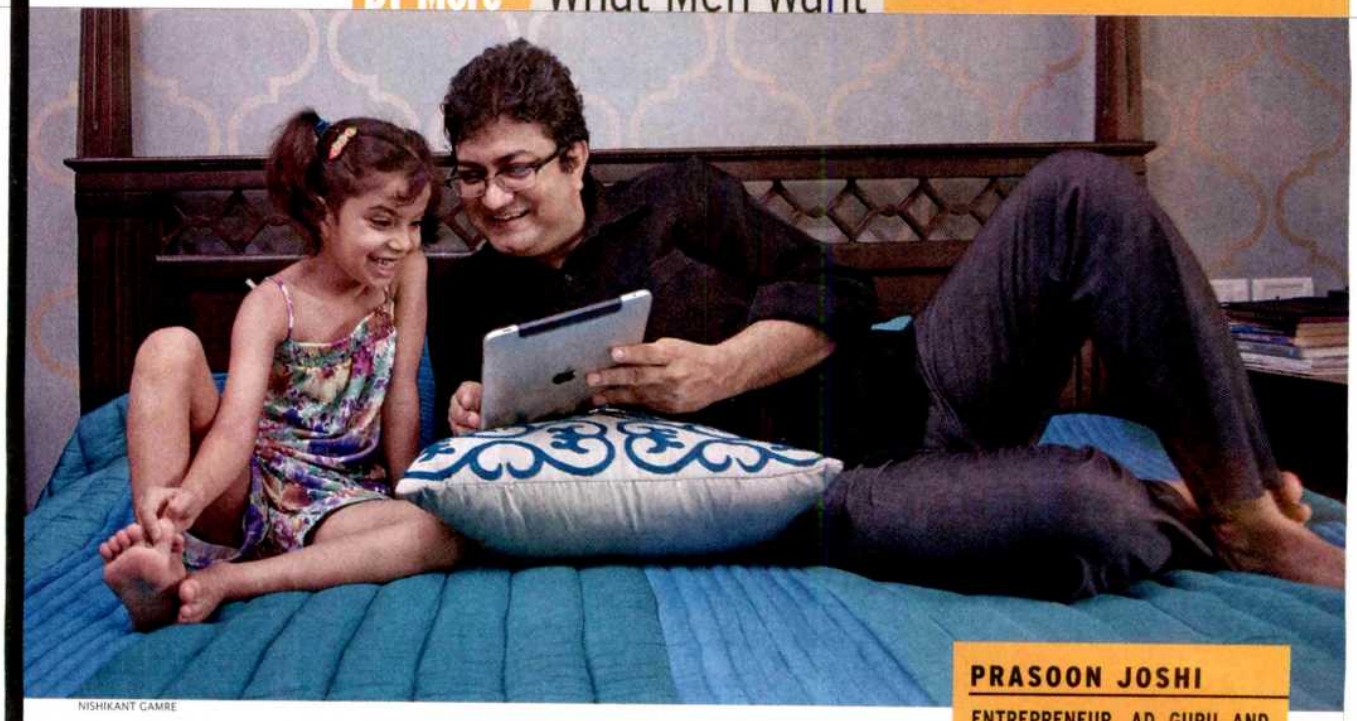
AMIT BURMAN

CEO, DABUR AND LITE BITE FOODS

Lifestyle Moment: Zambar Restaurant, New Delhi

"Coming from a family of food lovers, I enjoy trying out new restaurants and cuisines. My recent favourite is Zambar at Ambience Mall, Vasant Kunj. I savour authentic dishes from all states of South India and feel overwhelmed by their warmth and hospitality."

PHOTO: REUBEN SINGH LOCATION COURTESY: ZAMBAR, NEW DELHI



NISHIKANT GAMRE

PRASOON JOSHI

ENTREPRENEUR, AD GURU AND WRITER.

Lifestyle Moment: The iPad

"This device helps me bond with my daughter. It offers various apps like the iTablaPro and the iPianoPro which enhance our love for music. Besides, fun apps like iSwap and Talking Tom are big entertainers."

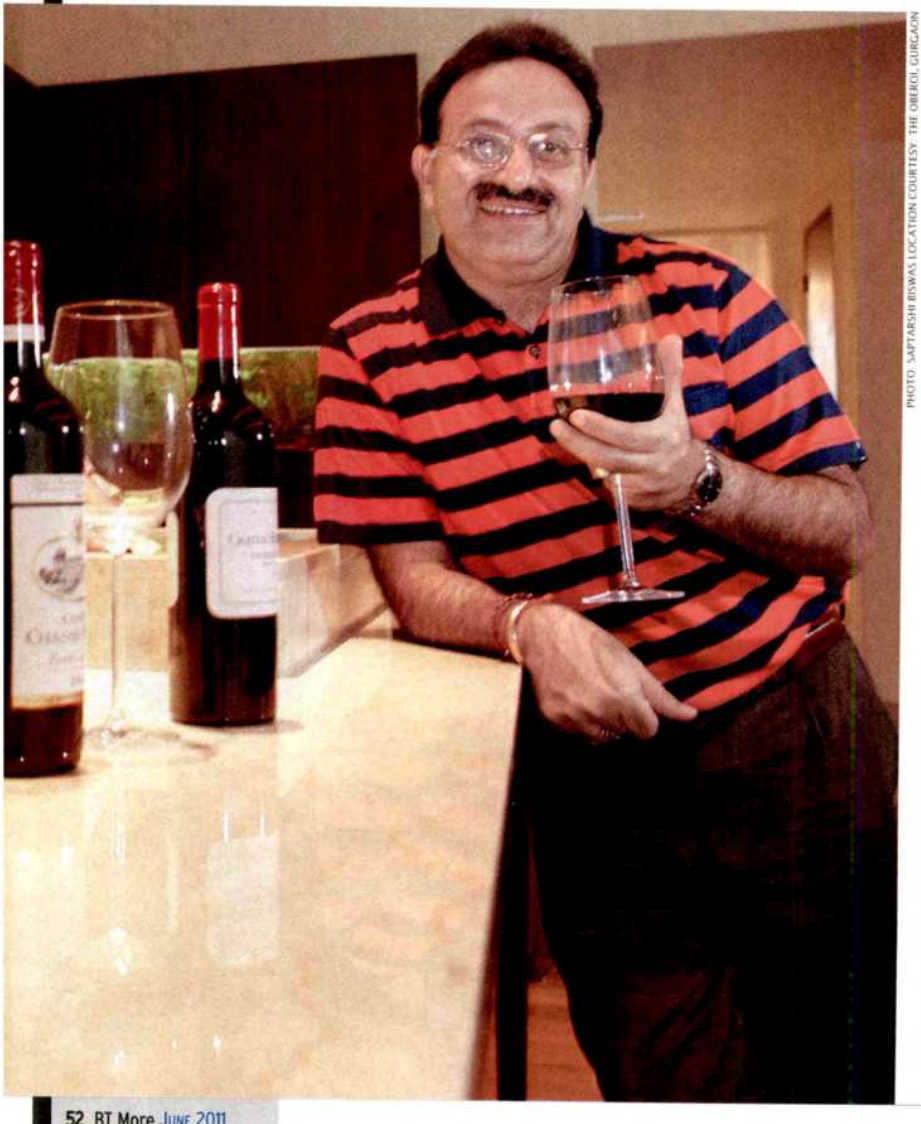


PHOTO: SAPTARSHI BISWAS LOCATION COURTESY: THE OBEROI, GURGAON

ALOK BHARADWAJ

SENIOR VP, CANON INDIA

Lifestyle Moment: Amaranta, The Oberoi, Gurgaon

"The restaurant serves wonderful fusion Indian food - the dish is plated European-style. The delectable Chettinad cuisine from Andhra Pradesh draws me here, crab cakes being my favourite. Interestingly, the restaurant serves Champagne between courses to neutralise the palate."

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TOWER of LIGHT

The Tower Club at Lebua in Bangkok allows you to table hop from the world's highest al fresco restaurant to a dining outfit that sources its ingredients from fifteen countries

BY SUSMITA SAHA

The first thing you notice as you transit the orderly street grid of Bangkok is a row of pushcarts doubling up as food stalls. These tarpaulin-sheathed stalls peddle everything from deep-fried chicken feet to fermented pork; exotic ingredients from the country's seafood repertoire also find their way here.

You can't go wrong with impromptu meals in Bangkok. From banana flowers, bean sprouts and curry pastes to fish sauces, you find it all here. Home to a large number of ethnic groups including Thais, Chinese, Japanese, Europeans, Indians, Arabs and Africans, this ethnic diversity is reflected in the cuisine as well.

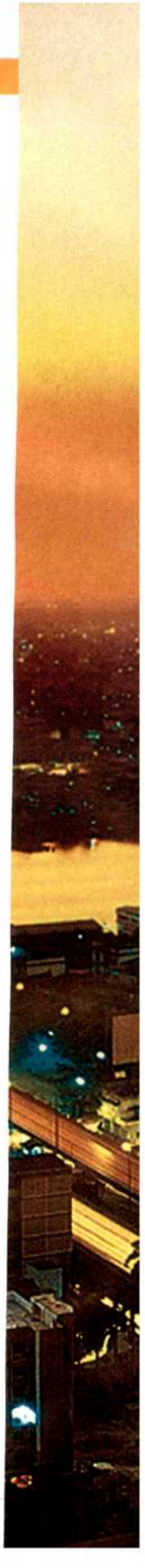
Just like other travellers who make a pilgrimage to this foodie haven, I was eager to eat my way through steaming plates of phat thai noodles and aromatic bowls of tom yam soup. However, that would have to wait for another holiday. This trip was meant for feasting on cutting-edge food in the swish Tower Club, Lebua. This is an all-suite property, almost hugging the edge of Chao Phraya River.

Walk any distance in Bangkok and you are likely to set your eyes on towering buildings that block your view and reduce the skyline to a tiny blue speck. So, it was not until my cab hit the Charoen Krung and Silom Road corner that I actually saw the gigantic golden dome perched atop the 64th floor of the Tower Club.

On Silom Road, wall-to-wall traffic gives way to an enchantingly-lit walkway leading up to the hotel's lobby. Here, three-tiered chandeliers with teardrop-shaped lamps are instant pick-me-ups.

Inside the hotel, I negotiate my way through a maze of plush upholstery to arrive at the reception where two futuristic- looking elevators greet me. The Tower Club's 221 suites are spread over eight floors starting at the 51st and are accessed with a custom-made key card. Inserting the card into an elevator slot is the only way one can enter floors above the 50th level. For the charmed set that enters these enchanted precincts, the sky is indeed the limit.

Clearly, the Tower Club at Lebua is the accommodation of choice for the luxury and business traveller. Covering an area between 66sqm and 266sqm, the suites have Bvlgari amenities, LCD television with video-on-demand and a non-alcohol mini bar. Guests can relax at the Tower Club Lounge, a swimming pool with tropical landscaping as well as massage rooms offering treatments that range from Oriental foot massages to deep tissue massages. To top it all, there are colonnaded balconies with every suite to acquaint you with the sheer visual extravaganza that is Bangkok.



Above: Sirocco offers jaw-dropping sights of the city; The 25m neon-lit Sky Bridge at Breeze

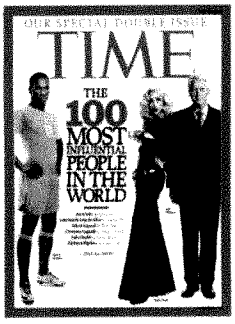
Legend has it that Bangkok became the new capital of Thailand when King Rama I, decided to relocate from his palace at Thonburi which was threatened by the swelling Chao Phraya River. The king hopped east across the fabled waterway to set up his new base. Thus was born Bangkok, a city modelled on the former capital of Ayutthaya, and dotted with wats or Buddhist temples that are often libraries, schools and religious centres rolled into one.

> The historic wats and the shopping malls of the city are worth a look. And a great place to do so is the sky bar at Sirocco, Lebua's Mediterranean restaurant

Both the historic wats and the natty shopping malls of the city are worth a look. And a great place to do so is the sky bar at Sirocco, the Mediterranean restaurant at Lebua. Perched on the 63rd floor, the highest alfresco restaurant in the world offers glorious views of the city. As the city lies spread out some 200m below, I enjoy my dinner with a side order of live jazz and sips of vintage wine.

Of course Sirocco is not the terminal destination on my culinary trail. In fact, it's just one of the pit stops en-route to attaining gastronomic nirvana. The city's obsession with good food is visible in Mezzaluna, Lebua's signature fine-dining facility. Conjuring up some serious culinary spectacles here are twin chefs Thomas and Mathias Suhring, who are constantly experimenting with the freshest of produce sourced from as many as 15 countries. The Suhring brothers have trained with three-star Michelin chefs like Sven Elverfeld, Heinz Beck and Jonny Boer and love playing around with textures and exotic ingredients.

Once I pass through the doors of



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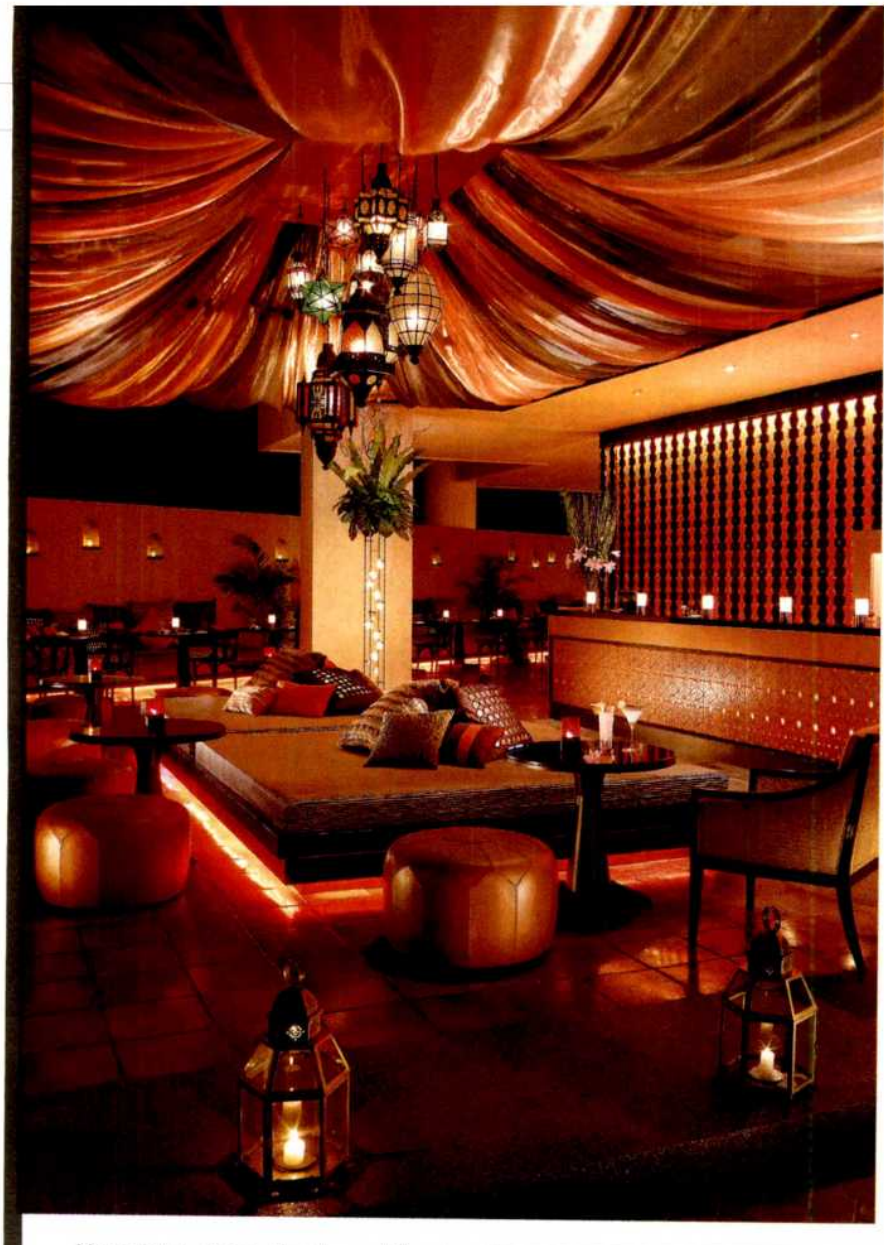


and wood environment, it's easy to knock back a few drinks. The oyster bar located here serves up everything from the Eagle Rock and Pacific Premium to Kumamoto and Fines de Claire oysters.

After feasting on a few of these juicy molluscs, I finally head to Breeze, the contemporary Asian dining outfit of the hotel. Located on the 51st and 52nd floors, Breeze concentrates on perfectly-executed seafood dishes. But

Left: The Mozu bar accessorised with stained glass lanterns; **Below:** The living room of the two-bedroom suite

Mezzaluna, these devotees of haute cuisine present me with a soft-as-butter Rhone lamb saddle with rooted parsley mash, a Pacific dory sliver doused in dashi broth and a parmesan dish paired with Ossetra caviar. After tucking into the elaborate spread, I understand why this restaurant has an edge over some stiff competition.

A paradise for tipplers, Thailand boasts of some very funky watering holes. Lebua too is a part of the buzzing pub scene of Bangkok with its upscale drinking dens Distil, Ocean 52 and the Sky Bar. The hotel recently entered into a collaboration with liquor major PernodRicard. So now the bars of Lebua will offer high-octane labels including Royal Salute 62 Gun Salute, G.H. Mumm Rene Lalou and Havana Club. Distil, one of the prized bars of the property is a delight. In this leather

THINGS TO DO

Getting there:
Tower Club at Lebua is a 40-minute drive from Suvarnabhumi and a 10 minute walk from the BTS (Bangkok Transit System) Sky Train's Saphan Taksin station.
Address: 1055 Silom Road, Bangrak, Bangkok 10500, Thailand
For reservations log on to www.lebua.com

Getting around:
The Sky Train weaves its way through most of the popular destinations while hopping on a bus is a cheap and easy way to get familiar with the city. Although English is barely spoken, communicating is never a problem when travelling in buses, taxis and tuk tuks.

what takes my breath away, as I step out into the sultry tropical night, is the 25m neon-lit Sky Bridge connecting the indoor and outdoor dining areas of the restaurant. The men behind the inspiring Asian menu are Sam Leong and James Ho, whose patrons include people like Queen Elizabeth II and Bill Clinton.

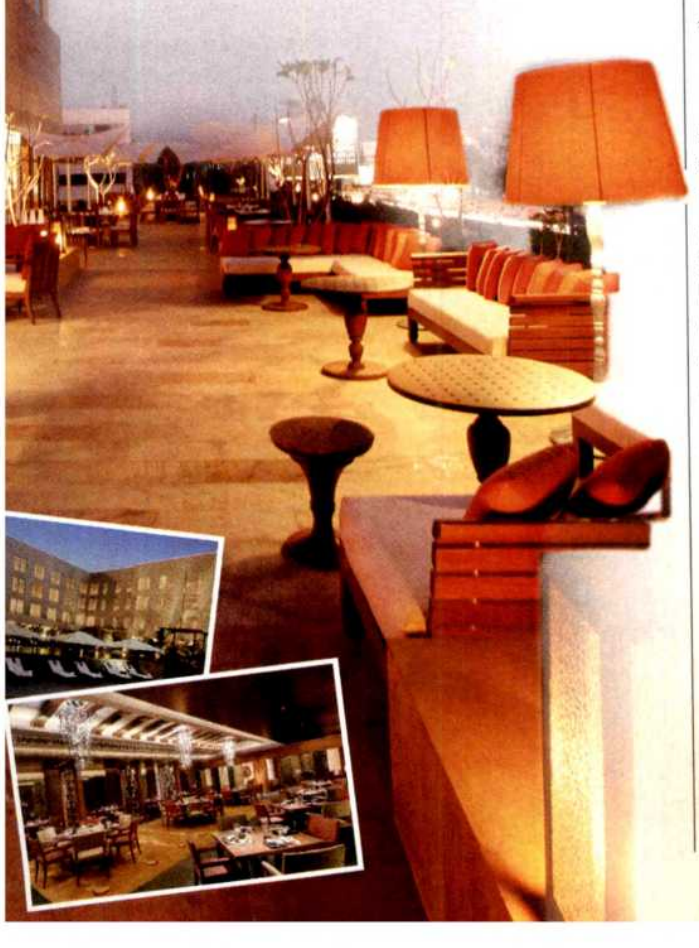
By the time I leisurely polish off the delectable dessert at Breeze, it is already a long way past midnight. A gust of wind blows in from the Chao Phraya River, bringing in wafting scents of coconut milk and a medley of spices. Somewhere on the streets, a meal is still being served to a hungry soul with a generous dose of bird's eye chilli and fish sauce. But soon, the faint fragrance of Thai condiments wafts away and I realise that my food trail in Bangkok has finally come to an end. ■

ISTA HOTELS
A UNIQUE NEW WORLD EXPERIENCE

Ista Pune is a trend-setting young hotel that delivers an enriching experience in terms of service and style, for the upscale business traveler. It is a timeless blend of contemporary architecture with classic lines, spacious yet stylish, with expansive public areas and more than 10,000 sq.ft. of banquet and meeting space. Contemporary guest rooms, with elegant décor and windows that overlook the city-scape echo the Ista signature style; two restaurants with cutting edge cuisine and a trendy lounge bar set the mood for the hotel - very chic, very stylish and extremely efficient.

Water, at once calming and therapeutic, welcomes you to the hotel, as you walk into a lobby that is surrounded with water bodies. The all day dining Restaurant, Eighty Eight has an eclectic a menu from around the world, with a live Japanese Teppanyaki grill and Tempura station and Roma -style Italian pizzas from the wood fired oven. Baan Tao, the hotel's fine dining restaurant, offers contemporary alfresco dining with Thai Salas and Chinese pavilions.

LOCATION: Ista Pune is situated next to one of Pune's best-known landmarks – the Aga Khan Palace, a memorial to Mahatma Gandhi & Kasturba Gandhi. Built conveniently close the airport and the railway station, it is right in the middle of where the action is. For golfing buffs, the famous Pune Golf course is at a distance of 1.5 Kms; Software IT parks and shopping malls, a stone's throw away.



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For Tissot, "In touch with your time" is far more than an advertising claim. This phrase expresses the brand's DNA; its proven dedication to being perfectly in tune with the technology and tastes of each era. Tissot has been growing and developing its tradition of innovation since 1853. Special materials, advanced functionality and meticulous design detail join forces to create the luxury of accessibility. With the latest innovations in its communication and product, Tissot presents impressive proof of its signature, "Innovators by tradition".

DIVING-INSPIRED DESIGN
TRIUMPHS ABOVE AND BELOW SEA-LEVEL

The Tissot Seastar 1000 watches merge style and performance without diluting either. Their diving inspiration shapes both the appearance and the functionality of these timepieces. They maintain their performance under water to a pressure of 30 bar, proving that a passion for under-water sports and a preference for automatic watches are totally compatible buddies. The new family consists of automatic chronographs, integrating the revolutionary C01.211 movement, and elegant three-hand models, also with Swiss automatic movements.

IN A LEAGUE OF THEIR OWN: High-tech watchmaking expertise and modern materials equip the Tissot Seastar 1000 for pleasure and adventure in the water and on dry land. The diving theme is continually evident through elements such as a unidirectional bezel, a strap with a divers' buckle and extension, plus Super-LumiNova® hands and markings. All models also have their own helium valve, which allows to automatically depressurize the watch.The chronograph versions have a large, 48 mm case, making a bold style statement and simultaneously contributing to easy readability in and out of the water. A total of ten different models accommodate a broad spectrum of wearer tastes. There is the option of a totally new blue, ocean-inspired PVD finish, a choice of black and white, blue, or black and orange dials, plus a selection of metal or rubber attachments. The Tissot Seastar reconfirms the proven Tissot talent for encapsulating operational excellence in appealing design.

FEATURES: Swiss Made automatic movement • Scratch-resistant sapphire crystal • 316L Stainless steel case with black or blue PVD coating • Screw-down crown, pushers and case back • Helium valve • Water-resistant to 30 bar (300 m / 1000 feet) • 316L Solid stainless steel bracelet with safety clasp and diver extension • Rubber strap with standard buckle.

ON THE MOVE

The Traveller's Page

Vertical Limit

Sitting at a vertigo-inducing altitude of 1588 feet, the Ritz-Carlton in Hong Kong literally touches new heights in hospitality

There are rooms with a view, and then there are rooms that induce a heady sense of being on top of the world. Any guest checking into the newly opened Ritz-Carlton Hong Kong will get an eyeful of the latter—panoramic vistas of Victoria Harbour and a steel-and-glass HK skyline. As the world's highest hotel, the record-breaking property occupies floors 102 to 118 of the International Commerce Center, with 312 rooms in all. These come packed with state-of-the-art amenities including wi fi, iPod docking stations, Blu-ray DVD players, and supersized flat screen TVs.

Those who like the feeling of floating on the lip of a precipice and have no vertigo can visit the hotel's top-floor gym and infinity pool that promise to offer what may well be an unnerving experience.

The hotel boasts of a steady stream of design and architechture geniuses — the sumptuous interiors are designed by Singapore's LTW Designworks (the team that designed the Four Seasons Langkawi, Malaysia, and the Mandarin Oriental Sanya Hainan, China), a spa designed by ESPA, and restaurants (Cantonese and Italian) by Japan's Spin Design Studio and Wonderwall. There's even a chocolate library, a pool with an adjacent 23 x 92 feet LED screen, a bar with crystal fire pits, and an outdoor terrace lounge—also the highest in the world—on the 118th floor. It's like going to a hill station, at a salubrious height of 1588 feet. Guaranteed to get your head reeling. For bookings and more information, log onto: www.ritzcarlton.com/en/Properties/HongKong.

Escape To Kerala

Rain Country Resort's all-wood Kerala *illams* (homes) stand tall amidst the lush foliage of Wayanad. The stark minimalism of this 23-acre property, high up a hill, is more austere than understated. Like all plantation stays, it's far away from any lights but its own. Short treks are organised by the management; there is a small freshwater lake where guests can have a dip (life-jackets are provided).
The resort can arrange for in-room massages, campfires, and candlelit dinners, upon request, should you wish to make use of the quiet nights.
There are no phones or TVs, only raw and unbound nature all around. Located 11 km from Vythiri, at Lakkidi, the resort has nine cottages and tariffs range from ₹3,000-₹4,800 on double occupancy. There is an additional 15 per cent luxury tax. Visit www.raincountryresort.com for more.

Vienna On Foot

Whether it's a generous dose of culture, an indulgent escape, or simply good old-fashioned sightseeing, your search for that perfect summer vacation ends with Austria. Consider Vienna, the capital city steeped in history, art and culture. Much of Vienna can be explored by foot—as you admire its majestic architechture while strolling through the bylanes. Relax over coffee and cake, explore museums and art galleries, swing high above on the Prater Wheel, and as dusk falls, enjoy a glass of local wine by the Danube. The coffee house tradition in Vienna dates back some 300 years. Take a break from sightseeing at one of the many Viennese coffee houses. Enjoy coffee served on a silver platter and watch the world go by. Sample some of the delectable local wines grown in the neighbouring areas as the sun sets. More info on www.austria.info

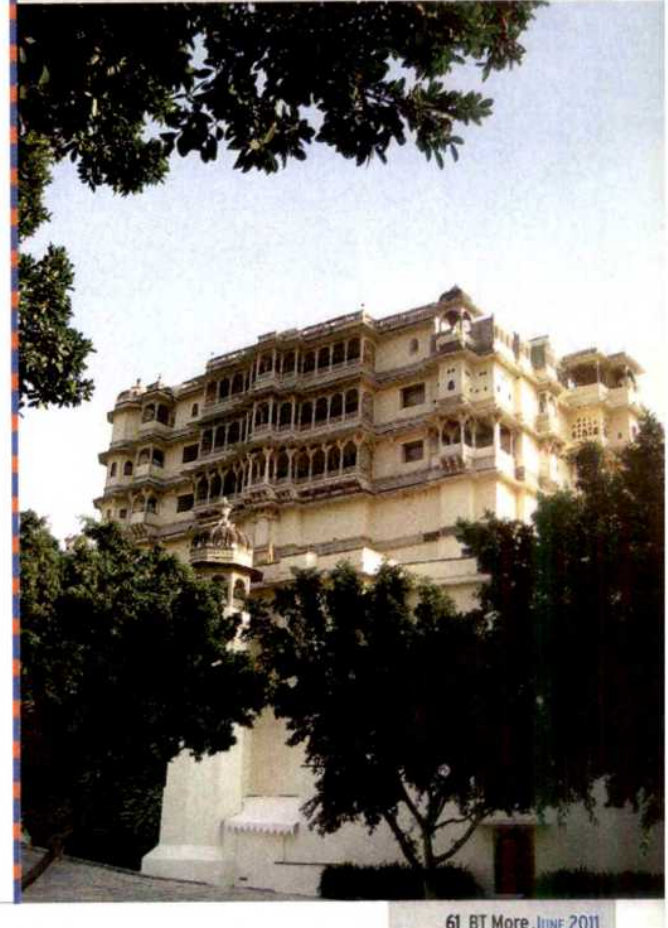
Art and Amsterdam

Tired of the long queues at the Anne Frank House and Van Gogh Museum when hopping around Amsterdam? Consider these alternatives to the heavyweights: housed in a magnificent 17th-century former home for the elderly, the Hermitage Amsterdam (http://www.hermitage.nl/en/) brings treasures from the main St Petersburg museum to Amsterdam. Since its opening here in June 2009, the Hermitage has staged a series of blockbuster exhibits, the latest of which, running till September 16, 2011, is *Splendour and Glory: Art of the Russian Orthodox Church*. Also look out for the work of 19th-century photographers George Breitner and Jacob Olie, intermittently the subject of exhibitions around town. Or check out Foam photography gallery (www.foam.org) for shows as well as exhibitions by big names such as Mario Testino, Richard Avedon and Annie Leibovitz.

Summer Splendour at Devi Garh

Located in the picturesque hills of Aravallis, Devi Garh, the 39-suite boutique hotel, set in a 18th century Rajput fort-palace, is chic minimalism at its best. The property's finest asset is the level of privacy and customised care it offers its guests. The imposing grandeur of the palace resort is a delightful combination of ethnic charm and contemporary comforts. The unconventional usage of space and colour complements and enhances the mood of this private haven.The stylish pure-white restaurant serves both local and international gastronimical delights. For a relaxing weekend, unwind with yoga on the ramparts of the palace at sunrise followed by a treatment in the Serena Spa.

Summer would be a good time to visit the spectacular resort as the property is offering a 'Joyful Getaway' package priced at ₹25,000, for two nights/ three days that includes accommodation in a Garden Suite on a double occupancy basis, breakfast and lunch or dinner, usage of gym and the internet, and complimentary stay for two children up to the age of 12. The package is valid till October 15, 2011. Visit www.deviresorts.in for more.



Generation Change

The latest generation of the Hyundai Verna is out with the mission of becoming a game changer in India

BY VIKRANT SINGH

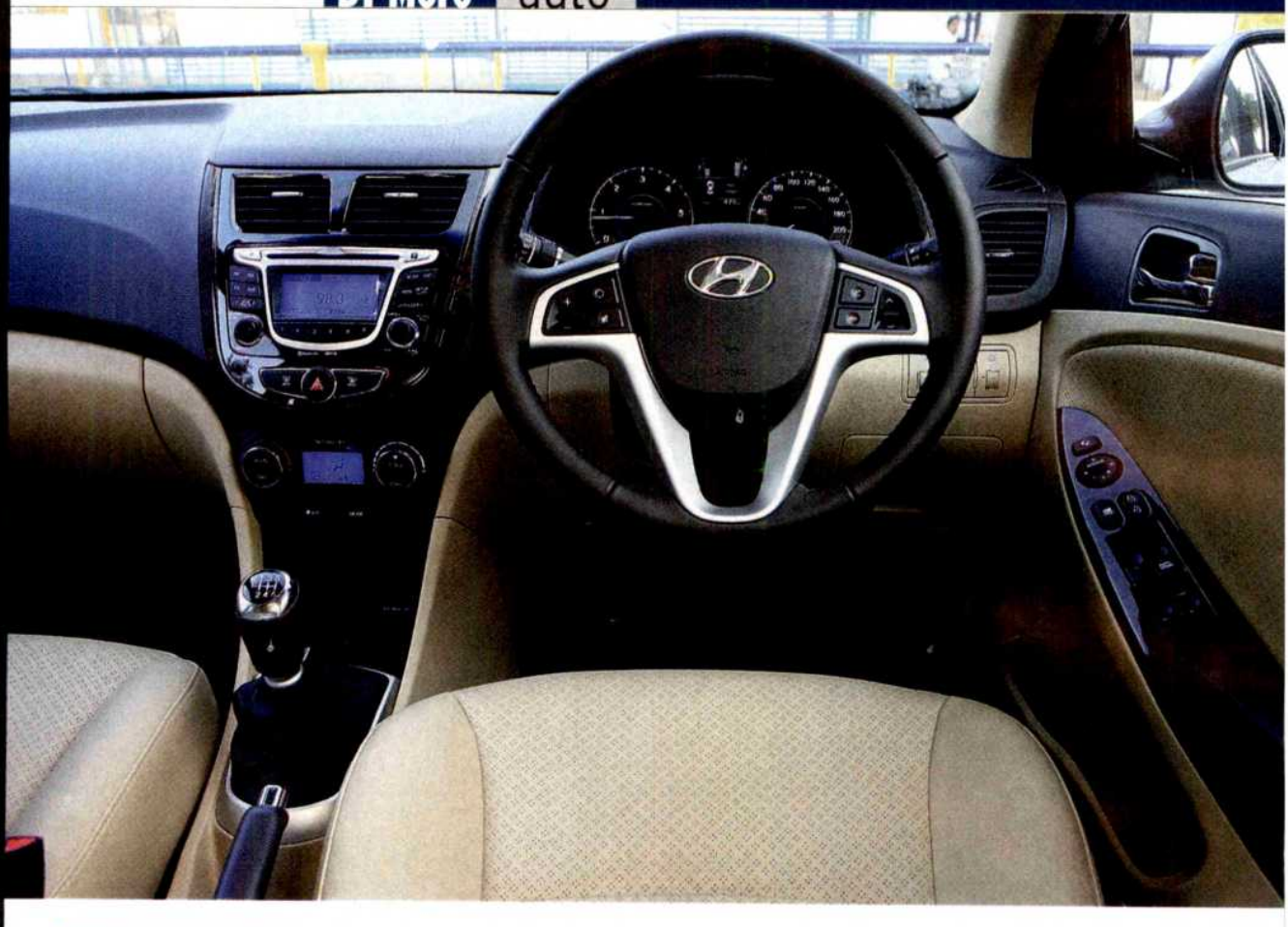
I am on a 12-lane highway so wide that if it weren't for the divider, the Airbus A380- the largest passenger aircraft in the world- could not only land on it comfortably, but there would be enough space for another intra-country jet to land alongside as well. And if the width wasn't enough, the road is so straight and true that one can actually see it curve at the horizon!

Now, you would have to agree that no matter how smooth the car or how high the horsepower, a road like this does get monotonous to drive on. And when all you have are light poles, power grid lines and endless stretches of sand lining both sides of the road for kilometers on end, the monotony could reach suicidal levels.

Thankfully, I haven't gotten to that stage mainly because driving the latest generation Hyundai Verna is anything but monotonous. In fact, it's quite refreshing and is packed to the gills with stuff to indulge in as well.

To begin with, there's a comprehensive trip computer that let's you know your fuel consumption, average speed and other parameters. There's also a high-end stereo with steering mounted controls and USB and auxillary inputs. And for those who care for safety, the car gets six airbags besides ABS, EBD on the top of the line version. It also gets rear parking sensors with camera, digital climate control and a keyless entry and start.

Clearly, Hyundai has worked very hard not to leave any stone unturned. The company is offering the C-segment buyer everything that competitors like the Honda City, the Maruti SX4 and the Volkswagen Vento have to offer and more. This strategy extends to the drive-train as well. With the option of 1.4- and 1.6-litre engines in both petrol and diesel along with the option of an automatic drive, the drive-train options on the new Verna are unprecedented not only in this segment but also in a few segments above.



FACT FILE

Engine: 1.6 litre, diesel

Max Power: 128 bhp@ 4000 rpm

Max Torque: 260 Nm@ 1900 rpm

Gearbox: 4-speed automatic

Wheelbase: 2570 mm

LxWxH: 4370 x 1700 x 1475mm

0-100 kmph: 11.5s (est.)

Top Speed: 180 kmph

Price: ₹10.8 lakh (ex-showroom, New Delhi)

The new Verna is a very comfortable ride, with spacious interiors and great equipments

The one I am driving is a 1.6-litre petrol coupled with a four-speed automatic. The engine specs on paper are truly outstanding for the segment the Verna operates in. It clocks up 124bhp, which is as much as the Honda Civic and the Toyota Corolla make. Specs for the diesel 1.6-litre engine are even more outstanding with nearly 130bhp and 260Nm of torque.

As for the 1.6 petrol, it gets variable valve timing. Not only does this augment the car's performance, it makes the car economical as well. Now, with a four-speed auto, the engine's complete potential does not come to the fore, but it was still quite clear that it works fantastically well in the top end. Even at 5000rpm tapping the throttle made the Verna shoot ahead with verve. It has a refined engine and one that revs effortlessly, even though it does get a tad loud at higher revs.

As for the automatic gearbox, it works best when left in the fully auto mode instead of using the manual override mode. The kickdowns in D are reasonably quick and the upshifts are seamless. It works really well in relatively sedate city conditions.

THE NEW VERNA'S AUTOMATIC GEARBOX WORKS BEST WHEN LEFT IN THE FULLY AUTO MODE INSTEAD OF THE MANUAL OVERRIDE MODE. THIS MAKES THE VERNA A GREAT CITY CAR

Not only is the new Verna refreshing inside, it's also well put together, with a great finish that exudes quality. It also has an outstanding exterior design, even though some might find it a bit busy. Our only complaint, if any, would be the lack of dynamic ability. But then, given its comfortable ride, spacious interior, an elaborate equipment list and good seats, not to mention good visibility and ease of city driving, it makes for a good buy. ■

Nautica launches the Summer 2011 Collection!

This summer brings another fashion wave with Nautica introducing its much awaited Summer collection 2011. Get ready to look at your best this summer, spruce your wardrobe with cool and trendy designs.

The latest Summer 2011 is inspired by the spirit of water, people and architecture and let you pull off the ideal look for every occasion. Beautiful contrasts of colors define the collection of maritime-inspired pieces resplendent with authenticity. Signature Navy and Sail White surround a palette of brights such as Noon Blue, Cardinal and Yacht Yellow. The attitude is crisp, nautical, and empowered by performance pieces. The look is polished, clean and wearable.

For tops, cotton pique knits have an updated classic fit in an expanded color palette, as well as new details, such as contrast logos and graphic applications. In the tops category a new slim fit striped pique deck shirt is introduced. Also, in Knit Actives, a set of long sleeve French Terry color blocked striped polos are available with j class and flag logo's on the chest in navy with various color blocking. Swim explodes with options in unusual prints, graphically pieced models, and new logo treatments. For fun outerwear, the Washed Chambray Parka is waterproof and lightweight enough to wear throughout the entire Summer season.

Prices range from Rs.1000 onwards. (Nautica Stores are in Delhi and Gurgaon only)

NAUTICA

If men are judged by the watch they sport,
Devotie's 2011 collection will brand you a winner!

Devotié the design house of MEN's jewellery and accessories have carved a niche with their novel collection. Pendants, bracelets, rings, Time pieces, Key chains, money clips, writing instruments, business card holders, leather accessories –The Business Collection and the range is endless.

Personalize and GIFT the man in your life, range of Devotié products. It expresses you as you choose to! CORPORATE or CASUAL or just you.

A fusion of innovative design and cutting-edge technology. Sporty and elegantly casual timekeeper in blue and rose gold colour plating with chronograph and a date display. Specially made silicon straps in blue, black and yellow to choose from. Truly glamorous!

Devotie's 2011 collection of men's watches have been designed by master craftsmen. Strap on one of these timeless creations that exude an aura of class...naturally

Passione D'Exception
Pride and preen come together in this stunningly masculine timepiece inspired by three quintessential symbols of power, poise and technology. Increases your pulse as it wraps your wrist with the broad metal belt. A sleek time piece in stainless steel strap, black dial with sapphire crystal glass. It embodies a swiss movement, chronograph and date display. An all time elegance with magnificence.

The snazzy collection also includes watches with carbon fiber, mother-of-pearl, rose gold coloured dials enhanced with chronograph Swiss movements.

Devotié is here.
- 2006, Panchratna, Opera House, Mumbai – 400004. Tel: 9820375755
- CR2, Inox, Nariman Point, Mumbai - 40002
- T-23, R City mall, 3rd floor, LBS Marg, Ghatkopar(W), Mumbai 400086
- The Taj Blue Diamond, Pune Tel: 9923405651

Also available at various outlets in USA-Florida, Belgium-Antwerp, India – Bengaluru, Bhubaneswar, Chennai, Goa, Kochi, Mumbai, Nagaland, Nagpur, Pune and Rajkot.

Visit and Shop Online www.devotie.us

KEEP PACE

Fast cars, bikes and boats. Racing tidbits from around the world

SUPERCAR

Deadly Fireball

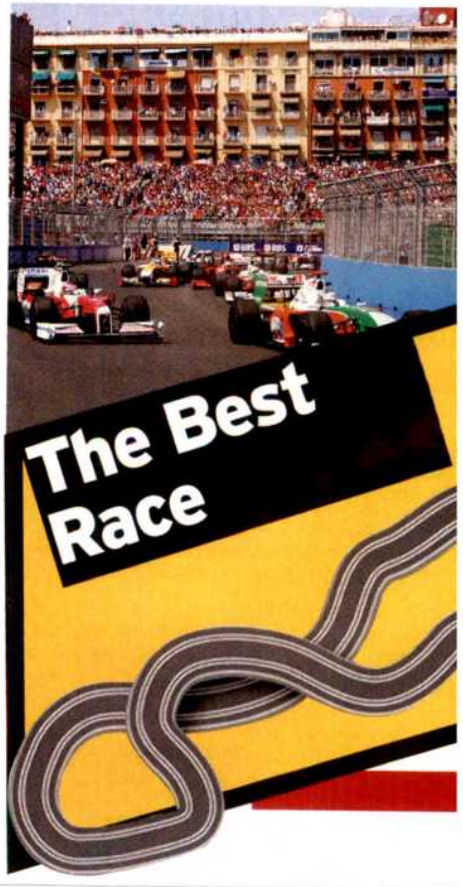
When things go terribly wrong on the racetrack, motorsport enthusiasts are brought face to face with the dangers of the sport. A faulty car or neglected warning is all it takes for the sport to turn nasty, as the death of racing legend Ayrton Senna proved in 1994. Australian motor car racing recently survived a rude jolt when the V8 Supercar driver Karl Reindler's Commodore burst into flames at the Barbagallo Raceway near Perth early last month. Reindler was rear-ended by a rival after his car stalled right at the beginning of the race. The Commodore then burst into a dramatic ball of flame, leaving onlookers aghast. Quick response from nearby mechanics and the superior quality of Reindler's body-suit ensured that he was pulled out of the crash relatively unharmed. He has received first degree burns to his face and third degree burns to his left hand for which he may need a skin graft. Reindler is expected to be out of action for the rest of the season.

IN THE AFTERMATH OF REINDLER'S SCARY CRASH, SAFETY PROCEDURES ARE GOING TO GET TOUGH FOR THE V8 SUPERCAR RACES WITH MORE STRINGENT CHECKS

F1

New Tyres

All eyes are on the Valencia Grand Prix to be held between 24th and 26th June on one of Europe's youngest racing tracks. To a large extent that's because Italian tyre manufacturer Pirelli will be introducing one of it's three new tyres at this track. Valencia is a street circuit, much like the older Monaco circuit, but it's also faster. With this in mind Pirelli's medium soft tyre will be launched here. The other two variations of the company's patented PZero tyre compound--the super soft and the hard tyres--will be seen at the British Grand Prix in Silverstone later this year.



EQUESTRIAN

Carnation Race

If the sound of thundering hooves and the sight of flying turf sets your pulse racing, be sure to tune in to the last of the three premier horse races to be held in the first week of June. The Belmont Stakes is traditionally held after the Kentucky Derby and the Preakness Stakes, held five and three weeks before Belmont respectively. So be prepared for flashy suits and designer hats at this utterly glamorous thoroughbred race. Held since 1867, this prestigious race also boasts of being the most viewed across the world. It's also called "Run For the Carnations" as the winning horse is showered in white carnations after the race. The legendary horse Secratariat holds the speed record here since 1973.

Although we're approaching the halfway mark of the F1 season, most spectators and drivers agree that the Shanghai Grand Prix held in April was the best race of the season so far. Not only did Red Bull's Mark Webber begin in 18th place and drive magnificently to come in third, but Lewis Hamilton of McLaren also broke Sebastian Vettel's brilliant run of four straight wins with some great manoeuvering.

UNSEASONAL HIGH TEMPERATURES AND A GRUELLING RACE RESULTED IN THE DEATH OF TWO HORSES FROM DEHYDRATION AT THE RECENT GRAND NATIONAL RACE HELD IN AINTREE

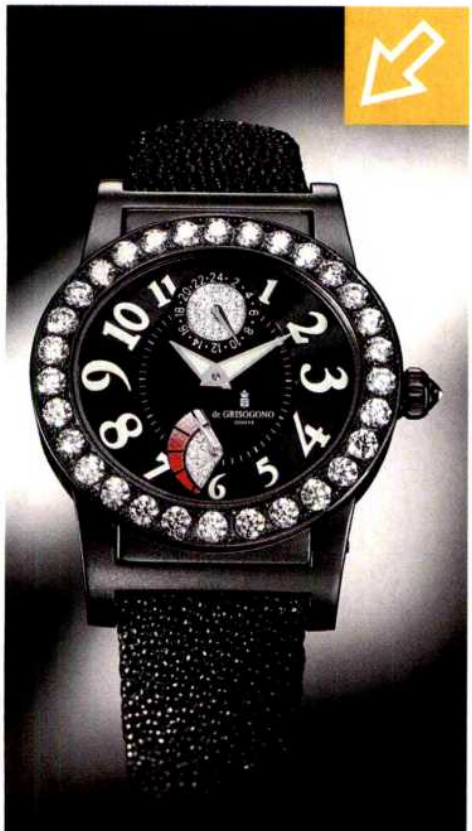
SAILING

Sailing Week

Kieler Woche's 129-year history is littered with many landmarks, many of which have nothing to do with sailing. From the enduring love of the German Emperor Wilhelm II for the Woche, to the interruption of the 1914 race because of the assassination of Archduke Franz Ferdinand and the outbreak of World War I, the Kieler Woche (German for week) is always eventful. The largest of Germany's Volksfests (a mass event that combines both a festival and a carnival) this year's Woche promises to be bigger than before. To be held between 18th and 26th June, the race will see the introduction of a new Sailing Arena in the middle of Kiel for the speedsailing races of the Tornado class yachts. The Woche promises to be a great cultural week as well, with organisers tying up with various performance venues as well as international performers and bands to make sure that the fun doesn't stop even after the racing stops for the day. With a recent upsurge in popularity, the festival is making arrangements to recieve over three million visitors over a period of eight days. It is without doubt a great way to enjoy sailing, with great music and food to match. An event one should try not to miss if in the vicinity.

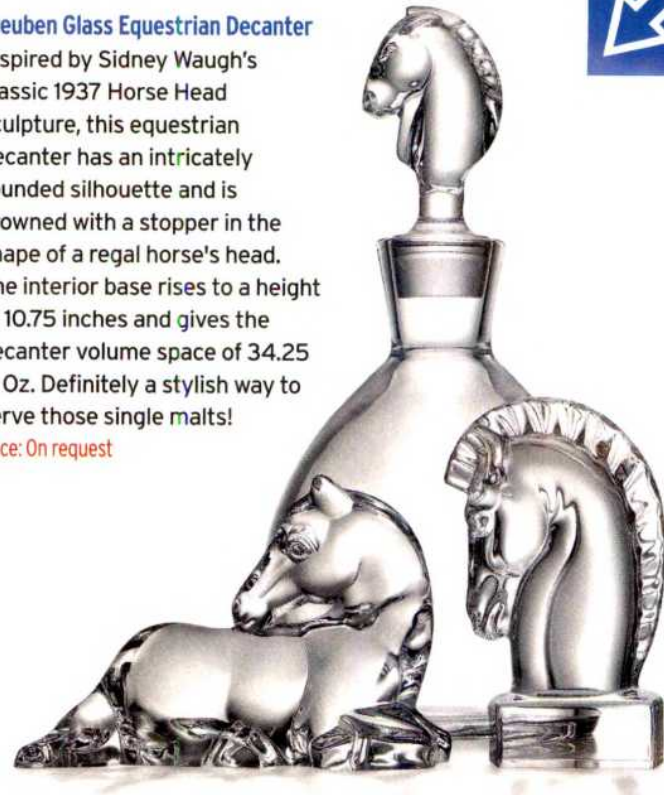
Track and Wield

Check the desirability quotient



De Grisogono Black Diamond Watch
Fawaz Gruosi is famous for the extensive use of diamond in his timepieces. Keeping up that trend is this stunner from his workshop. The Intrumento Tondo RM N56/A is a beauty. The outer rim of this stainless steel piece has a matt black PVD coating and is studded with thirty white diamonds of 3.10 carats each. While the crown is inlaid with one black diamond of 0.10 carat, the satin finished black dial has counters studded with 29 diamonds of 0.10 carat each. With a mechanical automatic movement that works on dual time, the timepiece blends substance and style. Price: On request

Steuben Glass Equestrian Decanter
Inspired by Sidney Waugh's classic 1937 Horse Head sculpture, this equestrian decanter has an intricately rounded silhouette and is crowned with a stopper in the shape of a regal horse's head. The interior base rises to a height of 10.75 inches and gives the decanter volume space of 34.25 fl. Oz. Definitely a stylish way to serve those single malts!
Price: On request



Apple iPad 2 Smart Covers
Minimal and lightweight, these smart covers come in variants of leather and polyurethane. These feature a self aligning magnetic hinge for a perfect fit and can be folded into a triangle and used as a stand. Officially launched by Apple, these covers switch on the tablet when rolled back. They come with a microfibre lining which cleans your screen when you flip the cover open.
Price: $39 (₹1,750) to $69 (₹3,096)

L'Occitane Verbena Gift Basket

Enriched with verbena extracts sourced exclusively from Corsica, an island in the Mediterranean Sea, the products draw on nature's purity. The lemon fragrance infused in these helps to lift the senses and banish stress. Placed in a wicker basket, this gift set includes a shower gel, verbena leaf soap, cooling powdered foot gel and a cooling hand cream gel. A perfect home spa kit, it also flaunts a therapeutic verbena aroma candle.
Price: ₹9,305

Moët & Chandon Fresh Pack

After a flurry of champagne bottles covered with gold leaf and done up in Swarovski crystals, Moët & Chandon have now brought out a fresh pack that helps keep the Champagne chilled. An ideal accompaniment to the bottle, this isotherm pack maintains the spirit's soft apple-pear flavour in the thick of summer. Available at Mumbai and Delhi Duty Free.
Price: On request

Panasonic Camcorder

The pistol-grip design camcorder HX-WA10 supports 1920x1080 resolution HD video recording and 16 megapixel still image recording. It is waterproof and can shoot at a depth of up to three meters for about 60 minutes. The CMOS sensor enhances low light performance and the 5x optical zoom leads to greater precision. It is available in orange, blue and black. Price: ₹24,990

MSI GT 680 Gaming Laptop

The fastest gaming laptop in the world, the GT 680 features the new Core i7 processor and the GeForce GTX 460M graphics processor. The loading speed of the game is enhanced with a 120 GB SSD card along with two conventional hard drives. What's more, you can also watch 1080p movies by opting for the Blu-Ray optical drive.

Price: ₹109,999

Puma Calibre Tricks Convertible

A new range of footwear from PUMA blends sportsmanship and style the IPL way. A focus on lightweight construction enables greater movement and comfort. The mesh uppers are breathable and provide the just the right pressure that eases the pressure during exercise. Available in orange and white.

Price: ₹5,999

Dior Chiffre Rouge

With a unique assymetrical skeleton, this 38mm chronograph is quick to catch the eye. The matt dial brushed with navy blue and the guilloché pattern crown shine through its 316L brushed stainless steel bezel. Limited to only 200 pieces worldwide, each watch has a number engraved on the case-back and comes with a hand-made navy blue alligator strap.

Price: ₹2.1 lakh

Proline Fitness Virtual Active

This avant garde fitness equipment features fully interactive video programming software that allows you to experience the roughest of terrains indoors. The destination or terrain change can be seen on the console screen and also felt under the feet. For an immersive experience, the device also comes preloaded with diverse ambient sounds.

Price: ₹7.45 lakh

Victorinox Travel Organiser

Durable and lightweight, this wallet helps in organising your stuff before you take off. The front stash pocket is large and is designed to hold tickets, passports and IDs which keeps them easily accessible at all times. It features zippered currency and coin pockets with seven dedicated credit card slots and a separate pocket for loose change.

Price: ₹1,590

Black Dog 18 Year Old

Distilled, matured and blended in the lowland regions of Scotland, this Scotch is renowned for its smoothness and delicate aromas. Matured for a minimum of 18 years, it blends aged malts and grain whiskies. Now available in India, the Scotch comes in a Saint Gobain bottle that resembles a flint glass decanter and is crowned with an elegant natural cork.

Price: ₹3,900 to ₹7,100 (state taxes variable)

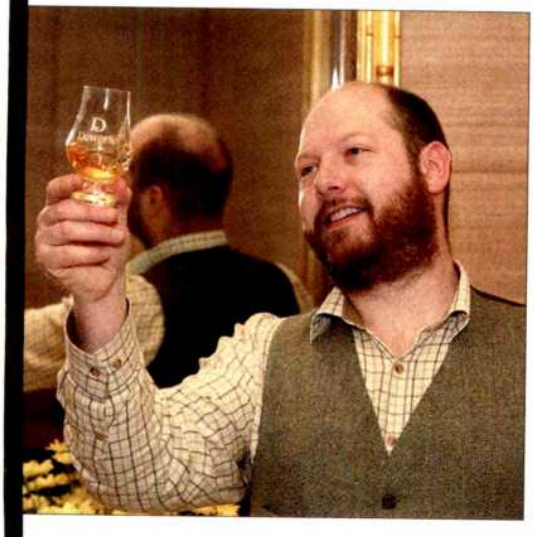
Tous Man Sport

Distilled by Swiss perfumer Vincent Salaire from the house of Firmenich, the perfume fuses with a foamy tonic effect of lemon and aldehydes with woody top notes of cedar. While the heart reveals ginger in contrast with fruity notes of apple, the base is an eclectic mix of cashmere and musk played out by cedar and oak moss.

Price: ₹3,100 for 100ml

"There are different kinds of love, but they all have the same aim. Possession."

MY STUFF

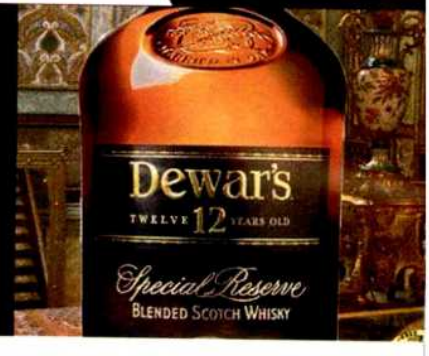


STEPHEN MARSHALL

Global Brand Ambassador, Dewar's Whisky

FOOD AND DRINK

Beverage: Ice tea
Spirit: Dewar's 12 YO
Cocktail: Darjeeling Cooler
Restaurant: Hix, London



HOME ESSENTIALS

Where do I live: Bath Castle near Alloa, Scotland
Car: Land Rover Defender 90
Tablestand book: World Atlas
Dinner set: Le Creuset
Water: San Pellegrino
Pets: A Border Terrier

GROOMING

Moisturiser: Neal's Yard
Shampoo: Liz Earle
Perfume: Tom Ford; Marc Jacobs
Hairdresser: None
Shoes: Paul Smith; Tretorn
Suits: Walker Slater custom made
Shirts: Paul Smith; Reiss; Barbour
Shower gel: Liz Earle
Wardrobe must-haves: Cashmere flat hat

GADGETS

Handheld: BlackBerry
Laptop: Dell
Laptop bag: Rimowa
Watch: Omega
Stereo: Linn

MEDIA

Daily paper: The Guardian
TV news: BBC
Magazines: Wax Poetics
Website: frenchrecords.com

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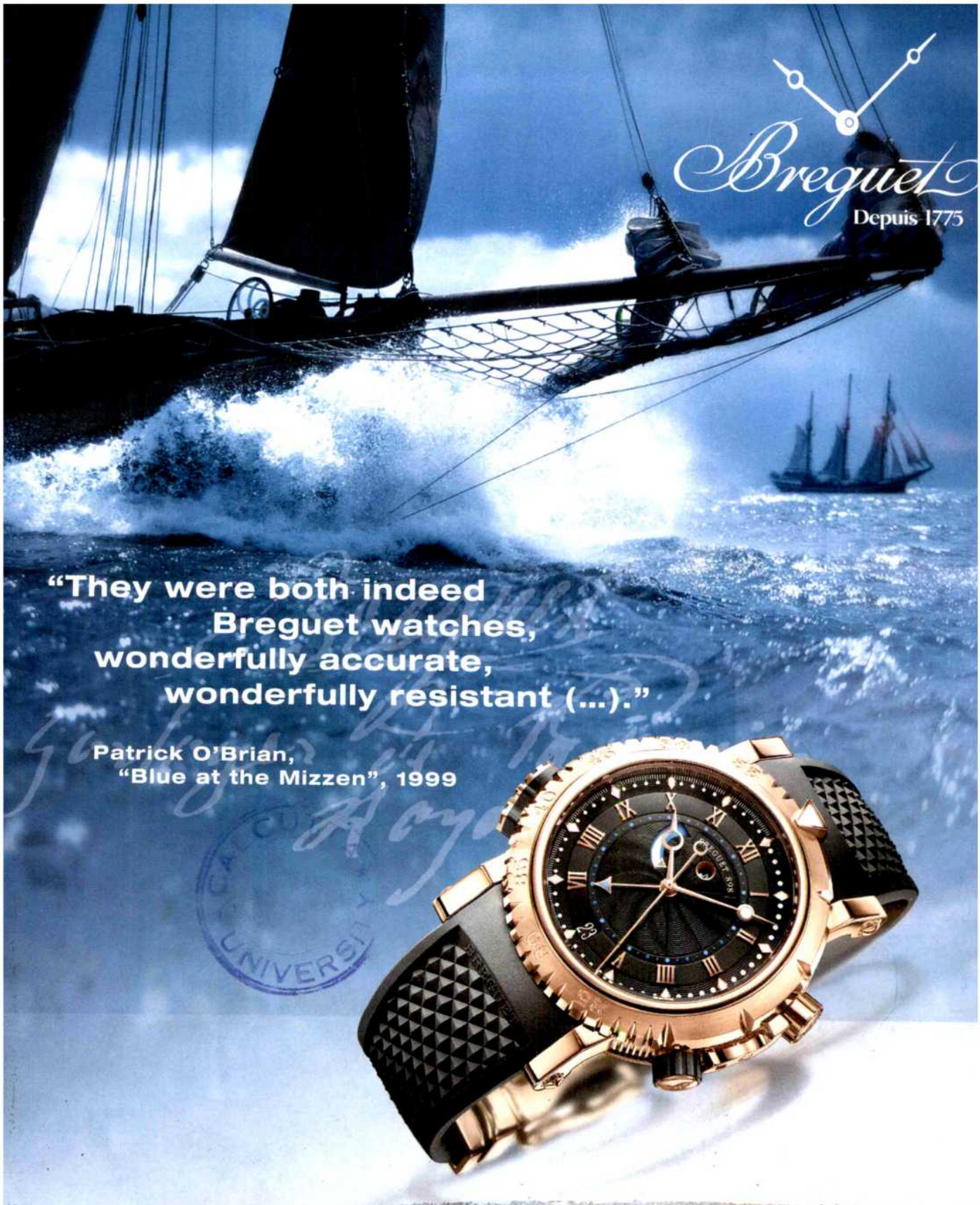

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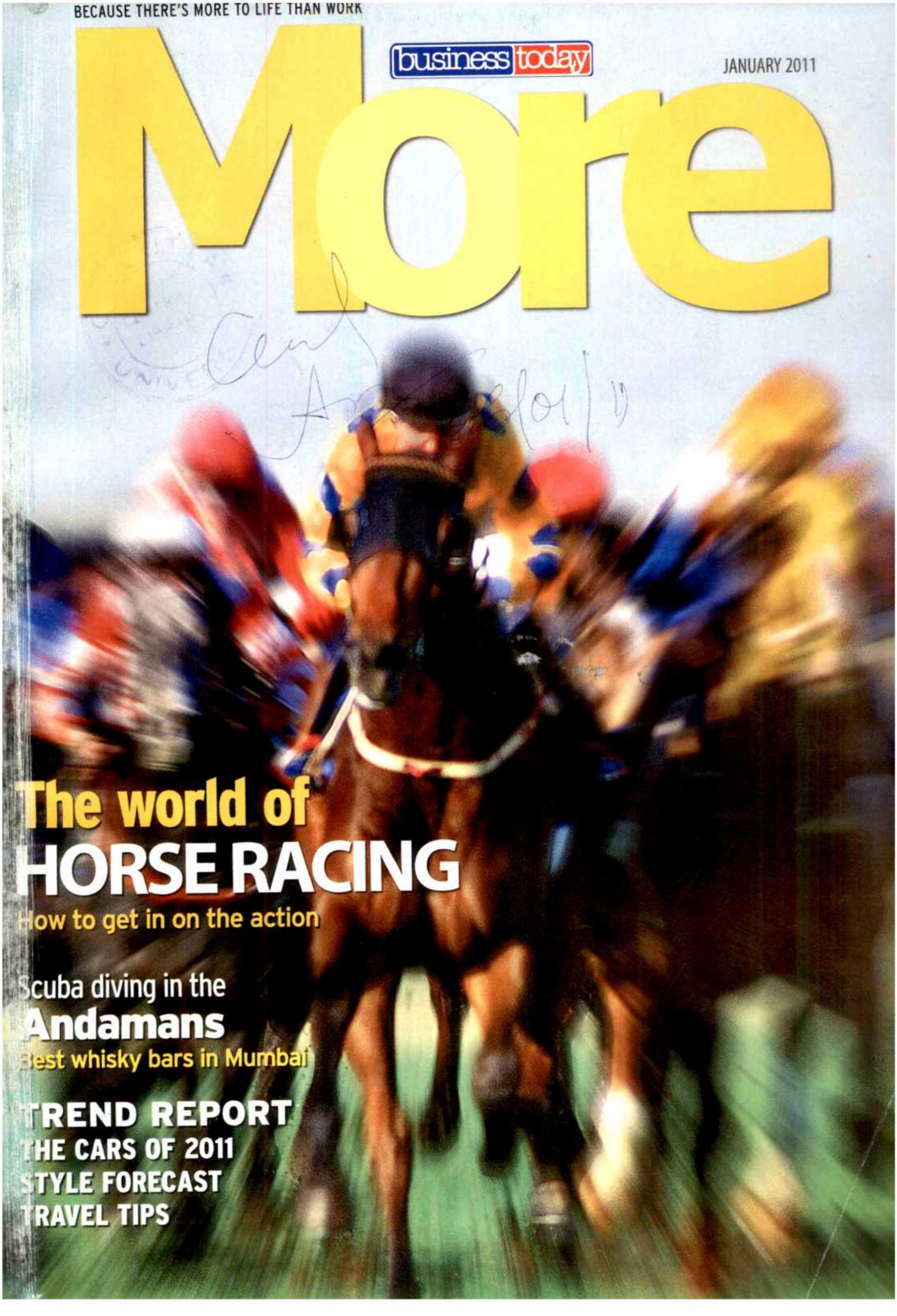


The world of HORSE RACING

How to get in on the action

Scuba diving in the **Andamans**

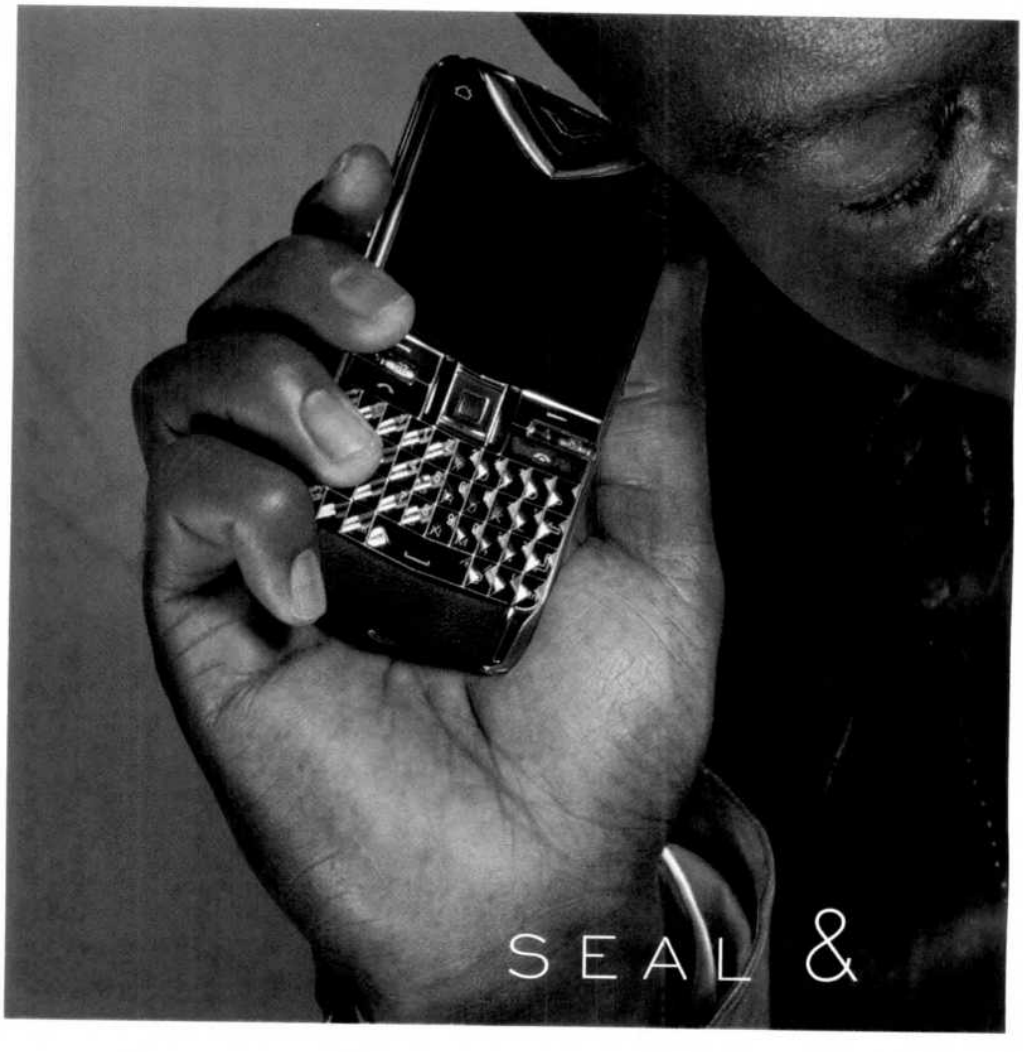
Best whisky bars in Mumbai

TREND REPORT

THE CARS OF 2011

STYLE FORECAST

TRAVEL TIPS



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THE INDIA TODAY GROUP

Volume 5 Number 1; January 2011

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Printed and published by Malcolm D. Mistry on behalf of Living Media India Ltd. Printed at Thomson Press India Ltd., 18-35 Milestone, Delhi Mathura Road, Faridabad-121007, (Haryana); A-9, Industrial Complex, Maraimalai Nagar, District Kancheepuram-603209, (Tamil Nadu); and at Plot No. 5-5A, TTC Industrial Area, Thane, Belapur Road, Airoli, Navi Mumbai-400708, (Maharashtra). Published at K-9, Connaught Circus, New Delhi-110001.

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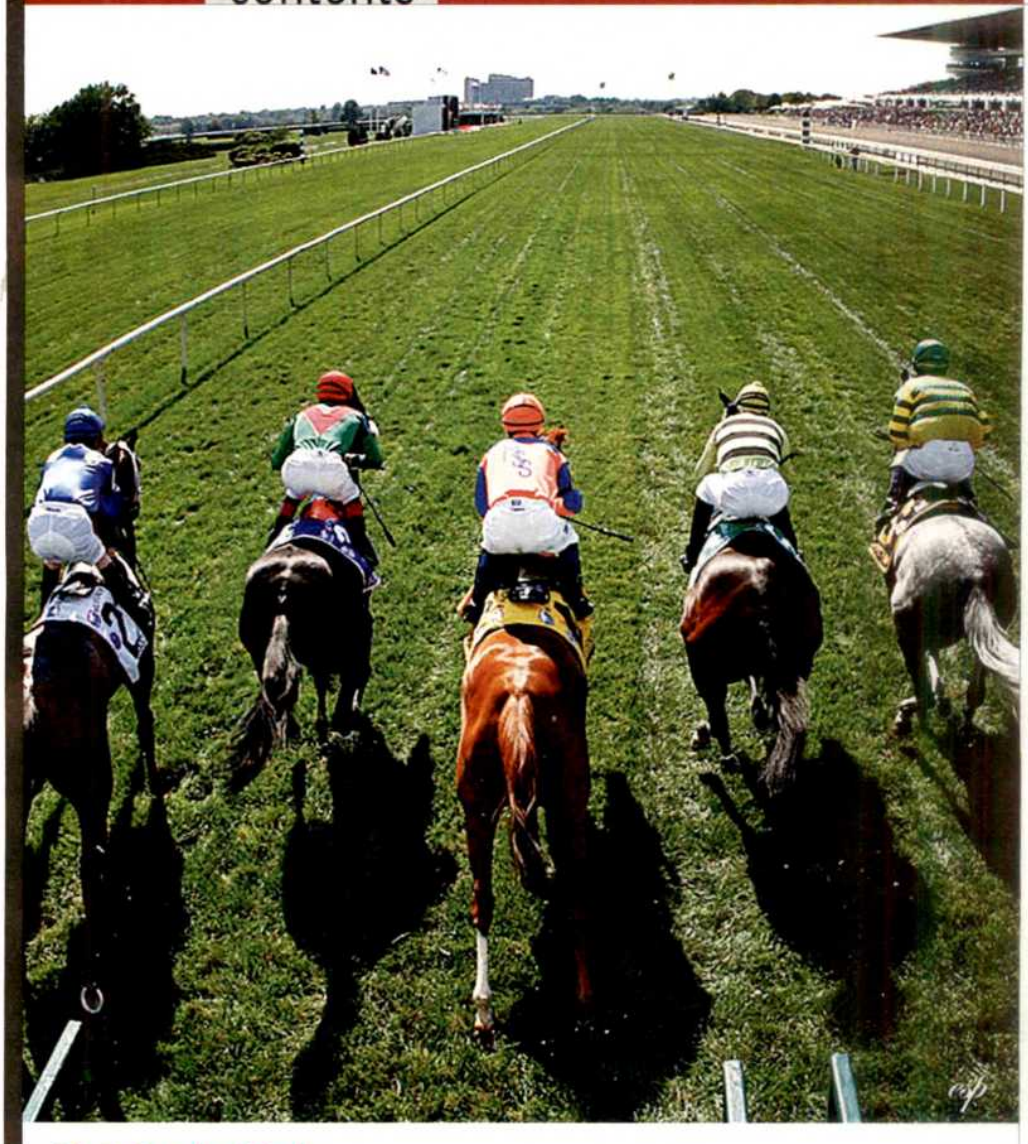

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Once the exclusive preserve of the super-rich, horse racing is beginning to attract a new breed of enthusiasts. Here's how you can join the club.

30 Dive Into Heaven
Discover the magical world of coral reefs as BT More goes diving ito the emerald waters of the Bay of Bengal off the Andaman Islands

36 The Best Whisky Bars
In our concluding piece in the series, we bring you Mumbai's best whisky bars

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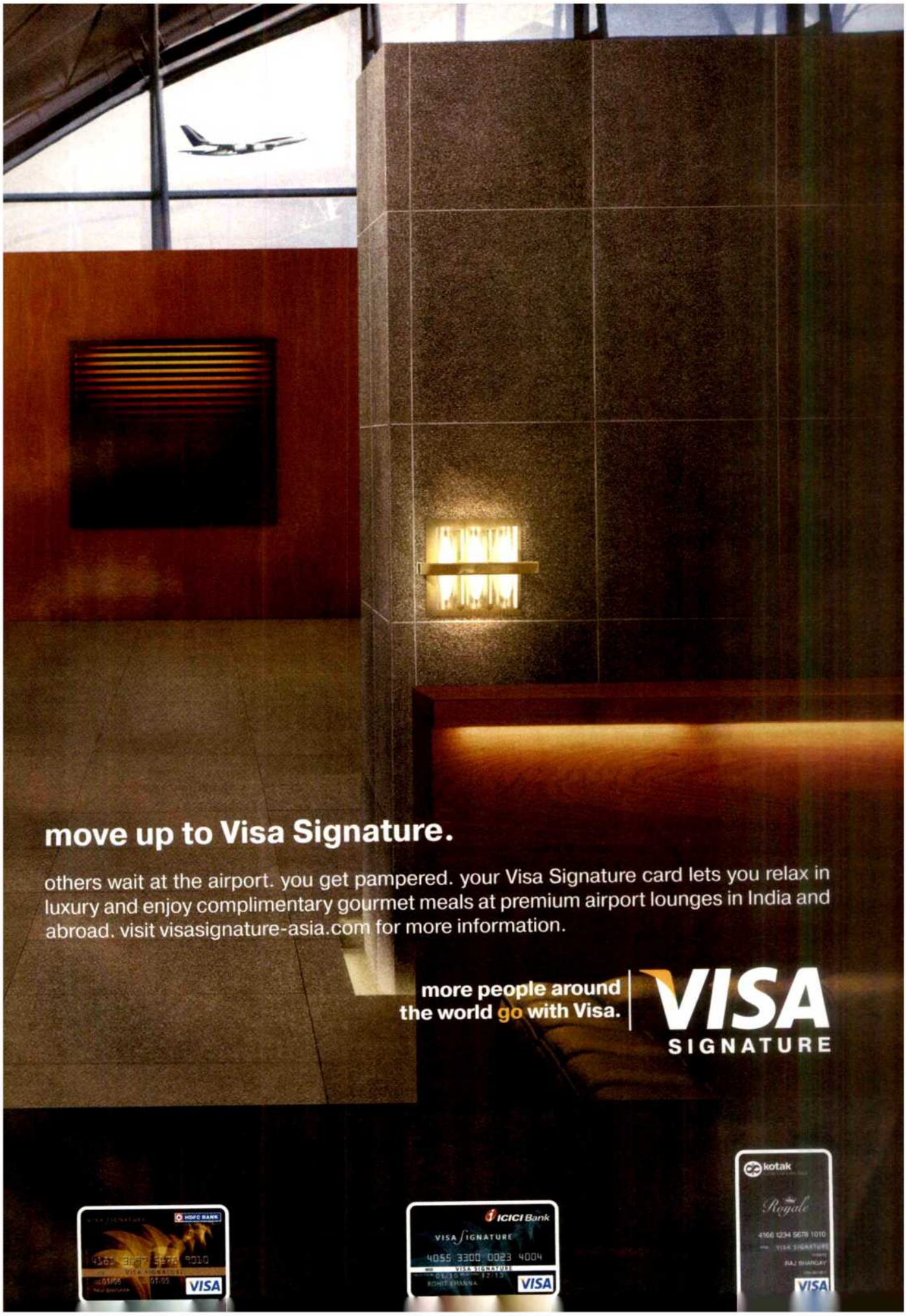
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HONG KONG
The Ultimate Rewards Cit

As a city that inspires and brings out the best in people, Hong Kong is a perfect destination for your top achievers to discover a world of splendour and live the journey of their lifetime. It is just a short flight away and offers an excellent variety and value-for-money shopping and a range of accommodation options. And if you are yearning for authentic Indian food, there are many outlets serving Indian and vegetarian cuisine. Hong Kong offers a treasure trove of programmes and special venues with themes to converge team spirit and guarantee your trip will be a resounding success and full of memorable moments.

It's All About Teamwork – a range of choices include motivating Dragon Boat Races, joining a Lion Dance troupe or a fun-filled trip Treas Hunting around Hong Kong. Then, there cooking classes, unique pleasure of mi chocolate and fine wines, or sailing a European tall ship – the star of the 1 Mel Gibson movie, The Bounty. Try a li Tai Chi or dance to the pulsating rhythms of spectacular Fluorescent Dragon dance.

In addition to multi-purpose venues such AsiaWorld-Expo, the Hong Kong Convent and Exhibition Centre, and the Hong K International Trade & Exhibition Centre, there countless other facilities, hotels, private cl and theme restaurants that can cater meetings and functions of all types. From sup deluxe hotels to approved budget host

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ng Kong offers a huge range of :ommodation. Take your pick from more than ,000 rooms in over 150 hotels.

ward your delegates with a **unique theme 'ty** – you could travel back in time and enjoy evening ride on a vintage, open top tram or ı the nightlife at Hong Kong's legendary tspots like Lan Kwai Fong, SoHo and utsford Terrace. Customize your corporate ents and company party with private shows d special character appearances to perience the magic of Disney at **Hong Kong sneyland** or make a date with Giant Pandas d laughing dolphins at **Ocean Park ng Kong**.

e Hong Kong Tourism Board and its partners ve teamed up to offer a host of specially devised events and offers providing an unparalleled experience for visitors. These specials are contained in the HONG KONG REWARDS! Privilege programme and are offered to groups of 20 or more staying a minimum of two consecutive nights in Hong Kong. An added bonus for choosing Hong Kong as your next incentive or a corporate meeting destination is that Indian passport holders do not require a visa to visit Hong Kong for a 14-day trip.

Hong Kong - once you live it, you are sure to love it!

For more details, please write to vidheesh@mileage.in or akshata@mileage.in

ADVT.

MANUAL

Do-it-yourself guide

From cask to flask

How to get the best out of your single malt

Sixth generation whisky-man **George Grant** of Scotland's Glenfarclas distillery shares a three-step process on getting the best out of your malt. **Choose the right drink:** Carefully read the text on the bottle before you buy or open it; you'll know what to expect—from the flavour and aroma to the distillation process and the cask. If you're an amateur, start with light whiskies and slowly move to stronger ones.

Drink it right: Given its idiosyncratic character and lingering finish, a malt is made to be sipped. You also need to drink it at a strength that allows you to appreciate the subtleties in the flavour. Do not smother it with ice or soda water, but you can add a few rocks or cold water to bring it down to a favourable 18-20 degrees celsius. Spring water is ideal as it has a more neutral flavour than tap water. Since whisky doesn't freeze, you could also try the Russian way of putting the bottle in the freezer for 15-20 minutes before serving.

Pair with flair: Whisky goes well with Indian food. While strong 'uns such as the 105 cask strength Glenfarclas are best paired with spicy lamb *kebabs* and chilly *pakodas*, the 20-30 YOs complement hot *gulab jamuns* and rich dark chocolate desserts. The 10-12 YOs meanwhile go particularly well with entrées like smoked salmon.

The it-accessory for 2011

Designer **Arjun Khanna** is one cool dude. Ask him for his fashion mantra and all he'll say is "You gotta feel good to look good." He then picks the Royal Enfield Bullet as the accessory of the coming year. To get the retro vibe, we suggest you choose between the Classic 500 and the Classic 350. The 499-cc Classic 500 has a single-cylinder, four-stroke, OHV, SI engine, a maximum power of 27.2 bhp @ 5250 rpm and a max torque of 41.3 Nm @ 4000 rpm. The 346-cc Classic 350 also has a single cylinder, four-stroke, OHV, SI engine, but it has a max power of 19.8 bhp @ 5250 rpm and a max torque of 28 Nm @ 4000 rpm.

Watch your style

WHO ARE YOU TODAY?

BUSINESS TYCOON

A. Lange & Söhne's 1 Daymatic features a mirrored dial and a heavy central rotor embossed with the logo. Go for yellow, pink gold or platinum

MOVIE STAR

Baume and Mercier's Classima Executive chronograph features a silver dial, 18 carat red gold date hands, 30m water resistance and a black alligator strap

TECHNOCRAT

Greubel and Forsey's Double Tourbillon 30° skeleton watch has 43 olive domed jewels in gold chatons and a power reserve of 120 hours

BANKER

Rolex's Submariner Date in steel, has a rotatable bezel, perpetual rotor, a green gold surface and luminescent hands and hour markers

Why you should get a big dog

Delhi veterinarian **Dr Ramandeep Chaggar** points out the benefits of getting a big dog.

1. Unlike small dogs who are naturally insecure and need to make their presence felt by making a lot of noise, big dogs are sure of their position in the 'pack' and hence better behaved. Being good with children, they are perfect family dogs.
2. Though, typically, big dogs are happy creatures, they can look and genuinely be intimidating and thus make good watchdogs.
3. The bone structure and internal strength of a big dog gives him a better chance of survival should he have an accident or a fight with other dogs.
4. Since a big dog needs more exercise, you'll be forced to get your fair share of walks/runs too.
4. Being more intelligent, larger breeds understand and follow instructions faster.

Get a shaded perspective

Transforming a lacklustre space into a cheerful den needn't always involve refurbishing or splashes of wall paint. Large book racks placed against a wall can be made vibrant by stacking books by colour instead of subject, size or author. Supplement the books with paperweights and knick-knacks in matching colours. Toss in some cushions and a rug, and you're sorted.

Bypass the faux pas

Shital Kakkar Mehra of Soft Skills International highlights some business meal faux pas you should steer clear of:

Arriving late. A big no-no, especially if you are the host. Avoid ordering anything before your guest arrives because a fresh well laid-out table is what they deserve.

Wrong choice of restaurant: Ask your guests for their preference of food: the best seafood restaurant won't impress a guest who is vegetarian or allergic to shellfish! Choose a restaurant where the seating is in discreet booths, making it difficult for the other patrons to see and hear you.

Wrong timing: The appropriate time to start business discussions is driven by culture. In the US, it is after ordering the drinks and starters, while in Europe you wait till the host raises the toast. Generally, breakfasts and lunches are business meals where you launch into business talk quicker than dinners, which are 'socio-business'.

Overdoing the alcohol: Several companies have a 'no alcohol' policy for lunch. If you decide to order a martini, go easy!

Weak follow-up: End the meal with a firm handshake and a warm 'thank you'. Handwritten notes stand out in today's paperless offices; send one to your host thanking him/her for the meal and one to your client thanking him/her for taking the time out for a meal with you. The gesture can also effectively act as a reminder of your discussions at the meal.

HOW TO BUILD AN ART COLLECTION

Curator **Amit Kumar Jain,** who runs an art consultancy named Navsar, offers advice on how to create an art collection from scratch, but says an emotional connect with art is a must to be a real collector.

1. Don't buy blindly: When starting out, it's more important to 'look' than to 'buy'. Let your senses learn what's good and what's not. Read up on various forms of art. Visit galleries like National Gallery of Modern Art in New Delhi and Chemould Prescott Road in Mumbai. Collect show catalogues and go through them at length. See all five seasons of the documentary *Art21* to get a clear insight into 21st century art, through interviews with top global artists.

2. Diversify your collection: While it's interesting to collect different forms of art, ranging from classic forms of canvas and sculpture to post-modern video art and photography, having them revolve around a central theme like 'landscape' or 'gothic' adds interesting depth to a collection.

3. Keep space in mind: The size of your collection should be proportionate to the space you can afford it. If you're pressed for space, start with small canvases or video art DVDs that can be stocked easily. Those with larger houses and more space can consider buying and placing installations in rooms that go up to 20 ft x 20 ft.

4. Consider prices: Depending on the seniority of the artist, canvas prices typically start at ₹40,000 and go into crores. Prints are cheaper alternatives and range from ₹5,000 to ₹5 lakh. In sculptures, the price depends on the size and material used. While ceramics can be bought at ₹10,000, bronze sculptures can cost up to ₹10 lakh. Video art prices range from ₹40,000 to ₹2 lakh.

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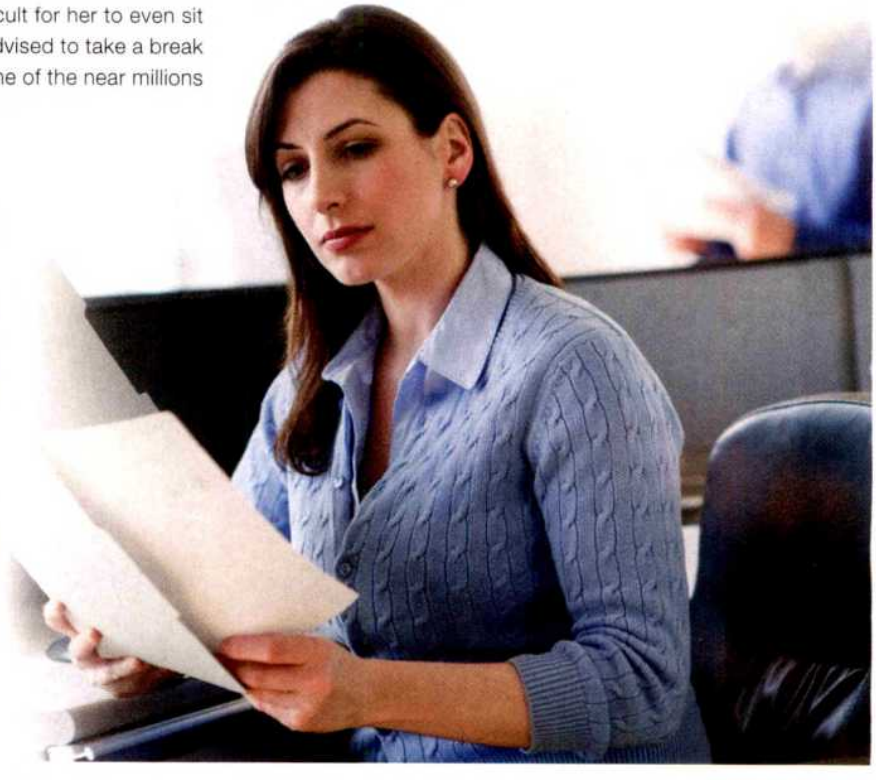
Le MERIDIEN aloft THE LUXURY COLLECTION WESTIN FOUR POINTS

Rashmi is in her early 30's. A creative director with a popular ad agency, her career began ten years ago. Rashmi loves her job and gives it her all. Even if it means long hours, maddening deadlines or lack of sleep. She has been complaining of recurrent back and shoulder pain for some months now. Besides adding a cushion to her chair and keeping some pain killers handy, she has done little about it. It's just a little ache, after all. Recently, Rashmi was diagnosed with cervical spondylitis with severe spasms of neck muscles, a condition that's made it difficult for her to even sit for over an hour at a stretch. She has been advised to take a break from work for at least six weeks. Rashmi is one of the near millions in the country affected by MSD.

WORK BECOMING **A PAIN** IN THE BACK?



SYMPTOMS TO WATCH OUT FOR

Pain, *including tingling, numbness, burning, swelling, stiffness and cramping in the neck, shoulders, wrist, fingers and back is the chief symptom of most MSDs.*

Discomfort while moving *any part of the body.*

Joint stiffness *usually when getting up after sitting/resting in one position at a stretch.*

MUSCULOSKELETAL DISORDER – TODAY'S OFFICE GOERS' DISEASE

Musculoskeletal disorders (MSDs) develop over time and can affect the body's muscles, joints, tendons, ligaments and nerves. There are several reasons why young corporate professionals are most vulnerable to MSDs, the leading cause though is improper seating, especially for more than 4-5 hours at a stretch. Health problems range from discomfort, minor aches and pains, to more serious medical conditions like cervical spondylitis. Thanks to sedentary work cultures, coupled with stress and unhealthy lifestyles, more and more corporate professionals in the country are falling prey to this phenomenon.

"There has been an alarming rise in MSD cases in the last decade. Without proper care, these can lead to serious and irreversible consequences."

Dr. Kishore Madhwani, Occupational Health Specialist & Consulting Physician, Mumbai.

The average office-goer is spending more time than ever in front of the computer. And the need for comfortable seating has never been greater. In today's day and time, we value our jobs more than life. Isn't it time we gave a comfortable work life a thought?

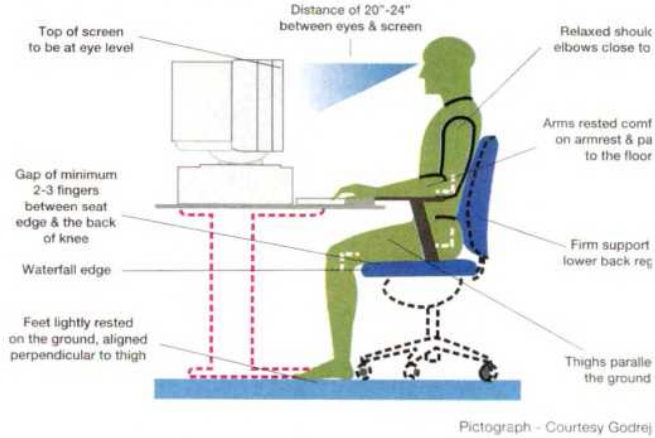
WHAT YOU CAN DO

Select the ***right chair*** *– one that supports the natural S-curve of the spine.*

Adopt the ***correct work posture,*** *as depicted in the illustration below.*

Maintain stress-free arrangement of work desk *- monitor at arm's length and at eye level, keyboard & mouse within forearm's reach and telephone within arm's limits.*

Exercise *and take regular breaks while working.*



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Halo

Supremo

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SOCIAL MORES

Nice-to-Know

Fine Tuned

Matching notes with Steinway and Sons' iconic pianos is BMW's new limited edition 7 Series 'Composition'

Of the million metaphors attached to black and white, the one that conjures up images of piano keys is perhaps the most pleasant one. Drawing inspiration from the musical chemistry of those dramatic hues is BMW's new 7 series, Composition. Crafted in collaboration with Steinway and Sons—manufacturers, if you didn't know, of gorgeous hand-made pianos—the limited edition piece is an automotive ode to the melody and romanticism of the piano. The car's interior boasts a cabin upholstered in Merino leather with piano varnish wool trim, a headliner covered in the suede-like Alcantara, lambswool floormats and sumptuous headrests embroidered with the famous Steinway logo. In keeping with the theme, the body of the car is painted in high gloss black and white. The Beamer also features a 16-speaker audio system customised to match the interiors and the lightweight alloy wheels. So put out $83,700 (₹38.36 lakh), and you can master the notes to this one easily.

All that glitters

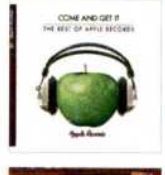
Seems like Dubai's obsession with all things grand will never end. It has now charmed former F1 impresario Flavio Briatore, who is planning to collaborate with Lebanon's lifestyle firm Pragma Group for a $150-million luxury complex in Dubai's Palladium entertainment venue. Named Billionaire's Square after a similar venture in Sardinia, the site will feature a 45-suite boutique hotel equipped with a bar and grill, a fitness lounge along with several restaurants and bars. Construction, however, will commence after a $60-million renovation of the Palladium that is expected to end only by December 2011. Anyone see a gulf of opportunity?

PRIVATE EYE

How's this for uniqueness? Prada Private glasses will now allow you to customise every bit of your frame. Once you've chosen the colour, you can pick two letters, numbers, hearts, stars or other symbols to plug into the removable arms. Since the inserts are available individually or as a set, you can change them whenever you like. For $365 (₹16,729), craft your own pair.

The BT More Playlist

NEW RELEASES



The Best of Apple Records The Beatles' record label used to produce some great artists and songs in the 60s as this great comp proves.

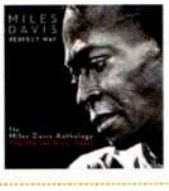
Jay Phelps, Jay Walkin' The young Canadian-British saxophone player's mastery of his instrument is spellbinding in this accomplished debut.

Kanye West My Beautifu Dark Twiste Fantasy The Twitter-happy superstar co tinues his pr lific vein wit this classic new album, that could in time be considered his masterpiece

Feat of a Shoe King

This isn't a particularly happy time for Italian heritage structures. Two more walls gave way inside Pompeii's 2,000-year-old archaeological site on December 1, the second collapse at the popular tourist attraction near Naples in as many days. But it's not the only great work of Roman architecture that's at risk. In May 2010, the Colosseum—the arena that has launched a thousand gladiators and attracts 3.2 million visitors a year—began to crumble, with slabs of plaster dating back two millenia falling from the roof. Fortunately, there's help at hand. Responding to the Italian culture ministry's request for private sponsors to help restore the ancient Roman arena that's being rocked by vibrations from a nearby subway line, has emerged Diego Della Valle, the Lochinvar-like, multi-millionaire owner of Tod's. Only instead of a broadsword, the shoe king is brandishing an offer of €25 million (₹149.7 crore), which is how much it will cost to restore the Colosseum. Let's wait and see how his suit fares.

Perfect Way: The Miles Davis Anthology
The jazz maestro's last great decade of music comes alive in this anthology, including unreleased nuggets.



Take That, Progress
The one-time heartthrobs have come a long way, and with the return of Robbie Williams, their songs have acquired muscle.

6 things to do this month

1 JUMPING AMSTERDAM: With everything that an enthralling equestrian event needs, the Dutch jumping and dressage affair attracts riders and enthusiasts from all over the world. It features events like the FEI Grand Prix where competitors freestyle to music and the BMC Centaur Cup which is a Para-equestrian dressage competition. Be at the Amsterdam RAI theatre from January 20 to 23. **Email:** media@jumpingamsterdam.nl

2 INTERNATIONAL GREEN WEEK: This international exhibition for food features presentations of fresh produce, fish, meats and dairy products, along with a vast selection of international spirits to suit different culinary palates. In its 76th year, the event brings together several brands for foodies to choose from. To be held at Messeglände Berlin from January 21 to 30. **Email:** central@messe-berlin.de

3 SCULPTURE SHOW: Sculptor Neeraj Gupta uses blocks of marble and roots of uprooted *sheesham* trees to craft works of art that exude aesthetic appeal. To witness this ancient form of art, visit the Visual Arts Gallery at the India Habitat Centre, New Delhi from January 14 to 24. **Website:** www.indiahabitat.org

4 JAIPUR LITERATURE FESTIVAL: This annual literary event attracts writers and book lovers from across the world, and offers intellectual stimulation as well as some of the best parties in town. To be held at the Diggi Palace, Jaipur from January 21 to 25. **Website:** www.jaipurliteraturefestival.org

5 THIRD INDIA ART SUMMIT: The event will involve more than 80 galleries from 20 countries including Germany, France and the UAE. Encouraging multiple forms of art, it will feature a sculpture park, video lounge, curated art projects and live performances. To be held at Pragati Maidan, Delhi from January 21 to 23. **Website:** www.indiaartsummit.com

6 BANGALORE FASHION WEEK: Attracting Indian and international fashion designers, the event features fashion shows, product displays and many after-hour parties. Catch a piece of the action at Bangalore's Crowne Plaza hotel from January 27 to 31. **Website:** www.bangalorefashionweek.in

In the Pink

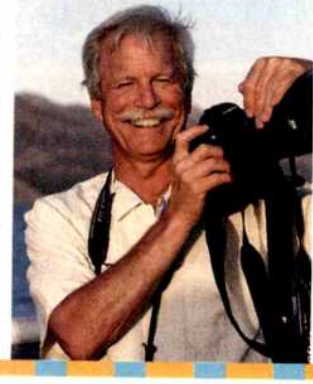
The world under the hammer is a crazy one; Sotheby's recent auction at Geneva's Beau Rivage hotel only re-affirmed this. A world record was set when London jeweller Laurence Graff paid a staggering $46,158,674 (₹211 crore) for a fancy intense pink diamond of 24.78 carats. That's almost $2 million per carat. The pink emerald-cut diamond is classified as type IIa, which constitutes less than two per cent of the world's rocks. Once the property of Harry Winston, it was bought some 60 years ago by a private collector and currently sits perched on top of a ring.

Design Central

Hermès' first concept boutique in Paris adds another dimension to the love affair between aesthetics and fashion. Built on a 2,500-sq-mt swimming pool that once belonged to the Luteita hotel set on the Rive Gauche (or Left Bank), the store is a brainchild of architect Denis Montel, who has restored the pool rather interestingly. Rising from the surface now are three nine-metre-high woven ashwood huts that house accessories for women and the home—which debuted with the store's opening. Another hut is placed on the staircase which leads to the the pool. The store also features a Chaine d'encre bookshop housing a curated selection of rare tomes, a florist offering bespoke installations of flowers in an Hermès vase and the Le Plongeoir tearoom that serves 16 blends from around the world. Surrounded though we are by premium luxury concepts, this one is definitely worth a visit.

Worth a Shot

Photography often reveals the true essence of a place. To do justice to this view, Pulitzer Prize winning photojournalist Jay Dickman has collaborated with the National Geographic society to organise a photography tour of central and South America. The 16-day private jet tour will take participants through picture-perfect areas like the Mayan ruins of Guatemala, the Argentinean Lake District, the Brazilian Iguazú Falls and the Peruvian Amazon. Covering all kinds of travel, from flights to hikes and cruises, the journey aims to give a unique perspective on the region. With luxury hotel stays thrown in between, the experience promises to cleverly merge wilderness with opulence. Using Florida as the base for departure and arrival, the tour will take place from March 26 to April 11, 2011. Price: $46,950 (₹21.54 lakh) Website: www.nationalgeographicexpeditions.com.



Sounds Like You Know About SKIING

It's time to hit the powdery slopes. Here's some trivia that might help satisfy your bragging needs.

1. The ancient Norse and Swedish communities were the first users of the ski. The Norse even had a goddess, Skaði, who hunted on skis and was called 'ski lady'.

2. For centuries, skis have been used as a means of transportation. Skiing began as a sport only after the Norwegian Sondre Norheim developed the signature telemark ski in 1870.

3. In the battle of Oslo in 1200 AD, skis were used in warfare for the first time. King Sverre of Sweden initiated their use against Norway.

4. Harrison Schmitt, one of the 1972 Apollo 17 crew, told the American Association for the Advancement of Science that the ideal training for moon walking was cross-country skiing.

5. Skiing may be even older in Asia. In the Chinese province of Xinjiang, the Mongol/Kazakh tribe makes skis by splitting spruce trees by hand.

6. Since skiing has become more ubiquitous as a sport and a pastime, risks have been minimised. According to Alpine skiing records, only three injuries occur in every thousand days of skiing on an average, an impressive feat.

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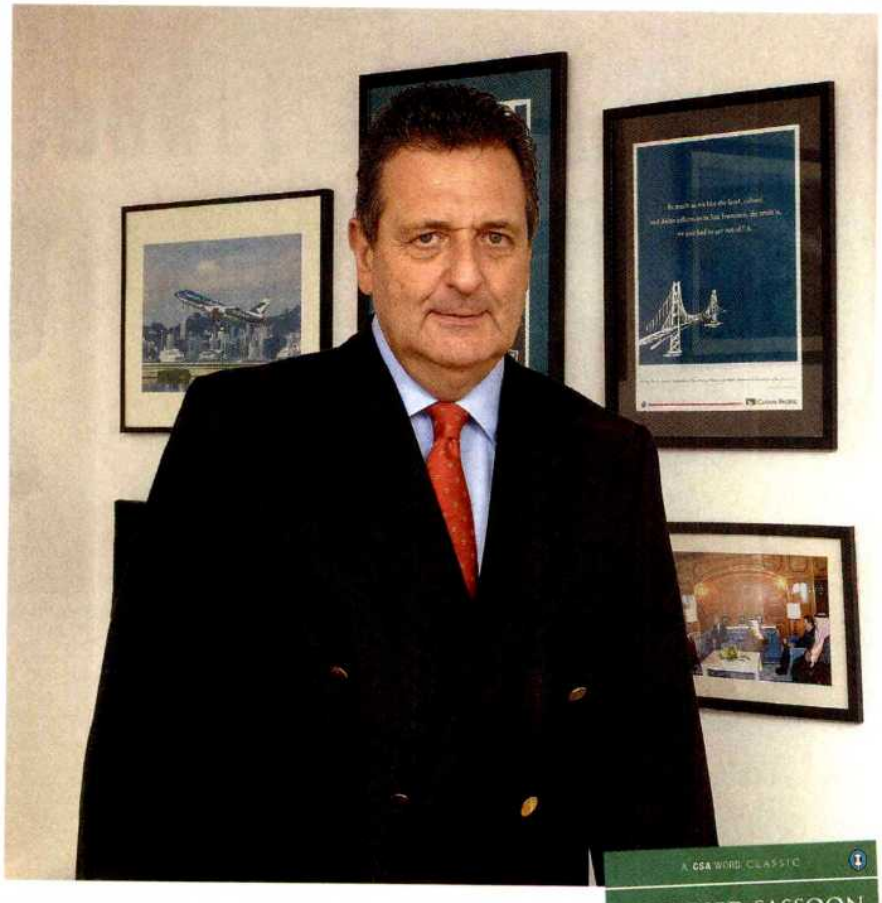
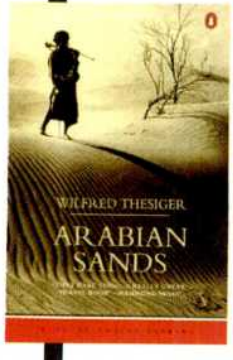
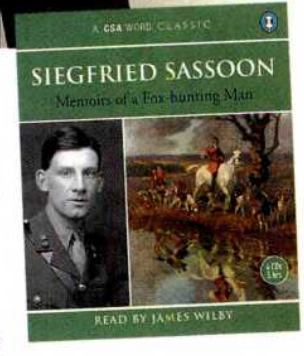
BOOKS THAT SHAPED MY LIFE

TOM WRIGHT, GM (INDIA, MIDDLE EAST, AFRICA AND PAKISTAN), CATHAY PACIFIC AIRWAYS
talks about the books that have made him what he is today





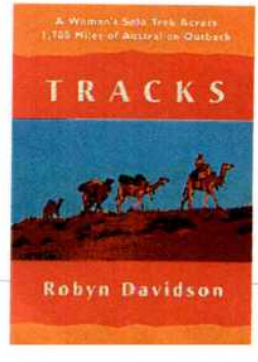
Memoirs of a Fox-Hunting Man
by Siegfried Sassoon
The author's descriptions of wet, wild winter evenings in the English countryside put me into a very special frame of mind.



Arabian Sands
by Wilfred Thesiger
This book has helped me understand that it isn't the goal but the journey that matters. I agree with the author when he talks about the harder journeys being the most worthwhile.

Tracks *by Robyn Davidson*
Having read this while living in the desert fort of Oman, I could identify with the author's love for wilderness and her horror at man's destructive impact on the environment.

First They Killed My Father: A Daughter of Cambodia Remembers *by Loung Ung*
I have been extremely moved by this book. It is proof that human spirit can survive in the face of terrible adversity.



IT'S A COOL MINT

The American company entrusted with the task of producing fine collectibles, Franklin Mint has brought out a gold coin featuring the Taj Mahal. Minted and designed by French museum Monnaie de Paris, the coin is studded with 68 hand-set Cartier diamonds and over 2 lbs of solid gold. Valued at $160,000 (₹73.42 lakh) apiece, the coins are limited to 29 pieces and are encased in leather displays handcrafted by French luggage manufacturer Goyard. A piece of art, a collector's item or an investment opportunity, whatever you choose to call it, this new creation in coinage blends French craft with Indian heritage.

SOUND EFFECT

The amplifier may be called the other half of rock 'n' roll, but is it worth shelling out NT$550,000 (₹8.28 lakh) for? Taiwan's Masterpiece Audio seems to think so. The company has launched an integrated 300B amplifier featuring one stereo XLR input, separate right and left channels for stereophonic sound and a frequency ranging from 20Hz to 20 kHz, at just that price. The gold knobs and classic box-like shape that gives it an antique look are free add-ons. Fancy one?

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BY R PALLAVI

The Pashas of Puff emerging from the forward sections of the plane will be happy to find cigar nirvana at the two cigar stores—the Habanos—at the new Terminal 3 of the Indira Gandhi International Airport, New Delhi. Invitingly termed walk-in humidors, these temperature-controlled wooden enclosures offer a fine selection of Cuban cigars. Choose from the full-bodied Cohiba Siglo VI, which blends chocolate, coffee and leather, Romeo y Julieta's mild medium-bodied Wide Churchills made with smooth-toasted tobacco and the full-bodied Bolivar Petit Belicosos whose spicy aftertaste lingers long after the ash has crumbled. For the seasoned smoker, Habanos also stocks the intensely-flavoured Partagas and the robust Hoyo de Monterreys.

Smokin' Hot

Get a taste of the world's best cigars at the Delhi international airport's swank new terminal

Clockwise from top: Habanos at the T3 terminal; Romeo y Julieta Duke limited edition cigars; Bolivar Petit Belicosos

With more than 80 varieties on display, the cigar buffet isn't restricted to Cuban stogies alone. Large-cut Davidoff cigars from the Dominican Republic share cabinets with Coronas and Robustos from the Honduras: with their low tobacco content, these are perfect for the dilettante looking to become a puff daddy. The nouveau cigar slave may also try the Punch Platino with a medium aroma, for starters. Those totally lost can rely on the well-trained sales persons standing by to help them choose the most palate-friendly smoke.

For gift and collectible-seekers, the humidors offer limited-edition collections of Cohiba Behike, H Upmann Magnum 48 and Romeo y Julieta Duke. Think of these as singular snares for regulars as well as curious non-cigar smokers tempted to check out the wares.

Since it's important to store the cigar right once you've taken it home, the store also sells a range of leather and wood cigar cases with custom temperature controls. With prices ranging from $5 (₹225) for a pack of five to $1,000 (₹45,000) for a box of 25 cigars, the offerings at Habanos are priced 45-50 per cent lower than the smokes available at retail stores across the Indian metros and are reportedly in line with the prices at Dubai duty free.

Cartoonist Linda Barry said: "Love is an exploding cigar we willingly smoke." At Habanos, all the offerings are explosive smokes that cigaristas will willingly love. ■

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TURF CLUB

Syndicate racing is the new sex at the country's premier turf clubs as a new league of hopeful and enterprising investors pool in resources to buy, train and race champions. A report.

BY ANUSHREE BASU

Ocean And Beyond seems an apt name for a horse raced by owners who want to push the envelope on the turf. The horse—owned by a syndicate made up of realtors—under the tutelage of ace trainer SK Sunderji and ridden by top jockey C Rajendra made waves when it won the season's two big-league races: the Bangalore Summer Derby and the Nanoli Stud-funded Pune Derby. It wasn't just the success of the horse that got people talking; but also the owners. For these are not typical turf tycoons like Vijay Mallya and Cyrus Poonawallah, but young entrepreneurs who have pooled in resources to buy and race a champion.

Ameeta Mehra, managing director of Usha Stud Farm in Gurgaon, explains: "Horseracing has come a long way since it was introduced in India by the British and adopted by the royals. Now, we see young professionals, with just eight to ten horses, winning big races like the Indian Derby. Of course, one must also genuinely love the sport and horses if one wants to see success in this field."

Horse racing is by and large an elite affair, requiring deep pockets to invest in mounts, pay exorbitant trainers fees, hire jockeys and, needless to add, bet on the horses. You need large tracts of land and disposable income to rear even a couple of horses. "The proportion is three acres to every one horse," explains Shujaat Hussain, who owns a family-run horse breeding facility in a small village called Kitcha in Uttarakhand. "Ideally, a good stud farm that produces champion stallions should be spread across at least a hundred acres." The perfect stud farm needs a favourable breeding climate; easy availability of feed; access to veterinarian services and lots of grassland.

Tegbir Brar, horse enthusiast and third-generation breeder from Punjab, says: "Horseracing was

Horseracing, one of the most popular equestrian sports in the world, is getting a leg up with new enthusiasts joining the club

GETTYIMAGES

restricted to royals and rich landlords because, initially, they were the only ones who owned large pieces of land. With growing aspirations and higher disposable incomes, many others are entering the fray. The reason is simple. When you have money, it's easy for you to buy a fancy car or house. But so can hundreds of other people. Owning a horse or two and rearing them to be champions remains a rare feat."

The growing popularity of horse-owning syndicates has bred a new aristocracy on the course. For the uninitiated, syndicate ownership refers to a group of people coming together to invest in a racehorse; the owners could be as diverse as corporate executives, entrepreneurs, families, ordinary punters and industrialists. The all-women syndicate associated with Bangalore Turf Club, for instance, includes Nandini Basappa, a former basketball player; Vedika Khosla, wife of designer Manoviraj Khosla; Indira Mirza, a former model; and Dr Viloo Patel, a biotech entrepreneur, among others. "The total monthly expenditure on maintaining a yearling is between ₹15,000 and ₹20,000," says Brar. Clubbing together with a group of like-minded people to generate the money just makes sense.

A thoroughbred can have as many as ten holders (including companies, depending on the rules of the turf club the group associates with) who share the costs, gains, and losses of purchasing, rearing and participating in races. Shiven Surendranath, racing aficionado and Mumbai's posterboy of horsing syndicates, says: "Enthusiasts today race their foals or bet on horses not for vanity or indulgence, but out of pure passion."

Owners like Surendranath are vital to the sport's economic health, as they make risky investments and are a source of much needed funds for turf clubs and stud farms across the country. Some of India's biggest farms, and ones that have produced champion stallions, are Usha Stud Farm and Sohna Stud Farm (Gurgaon, Haryana),

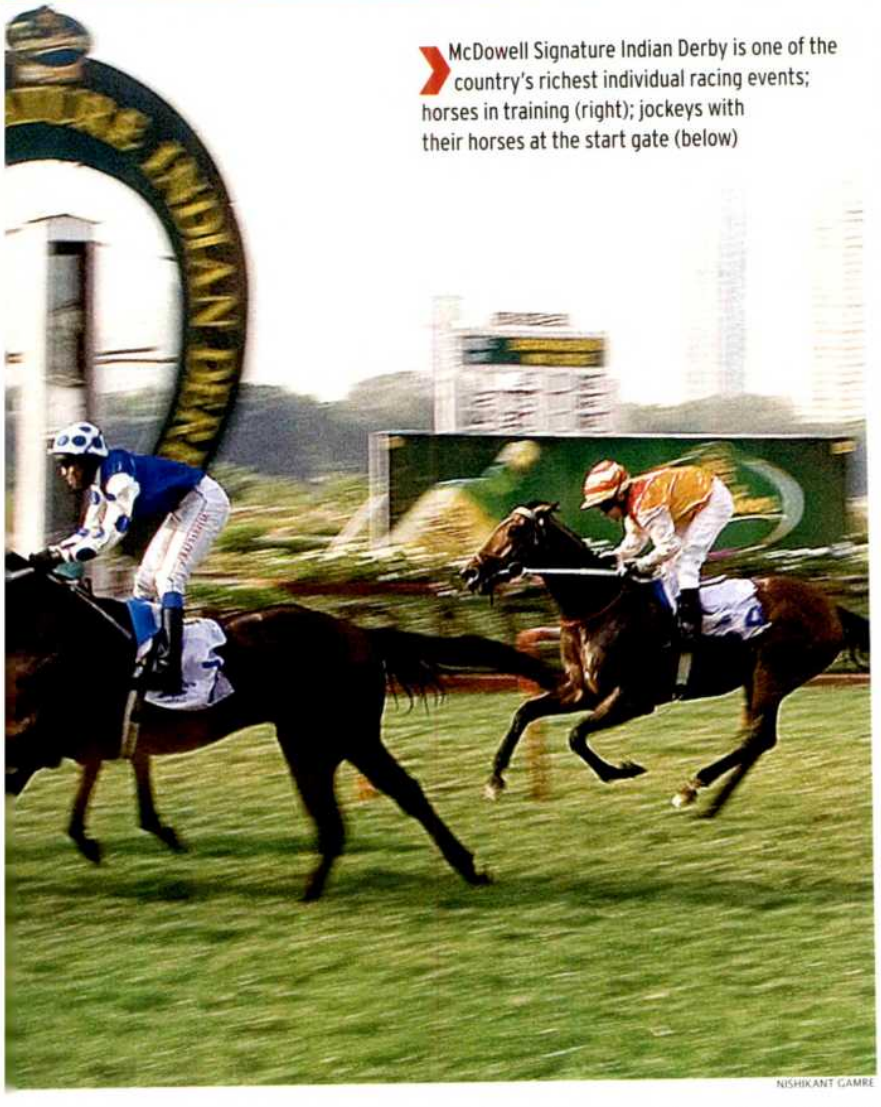
Nice to Know

1. The first thoroughbred was created around 18th century when mares from England were bred with Arabian stallions. Later, these thoroughbreds were shipped to other parts of the world, including India.

2. Characteristics of thoroughbreds: they are tall, ranging from 15 to 17 hands high; they are usually in shades of brown, black, and grey, and in some cases palomino and roan. While spots are acceptable on the face and legs, they are not considered appropriate on the body.

3. For racing purposes, the date of age of the thoroughbred is set by the calendar rather than the actual birth date. When racing in the Northern Hemisphere, the thoroughbreds gain a year of age at the first of each year in January. If in the Southern Hemisphere, the horses age a year in August.

4. *Return of the Mare* is a book that's released prior to the racing season in all turf clubs in India and is a good source for locating thoroughbred mares.



McDowell Signature Indian Derby is one of the country's richest individual racing events; horses in training (right); jockeys with their horses at the start gate (below)

NISHIKANT GAMRE

RACES TO WATCH OUT FOR THIS SEASON

BANGALORE:
- VIF Bangalore Derby Grade I, January 26
- Governor's Trophy, February 26

HYDERABAD:
- The Vijay Textiles Golconda Derby Stakes Grade 1, January 30

MUMBAI
- The McDowell Signature Indian Derby Grade 1, February 6
- The Oasis Star Spinters' Cup Grade 1, March 5
- The HDIL Indian Turf Invitation Cup, March 6

KOLKATA
- The Eveready Calcutta Derby Stakes Grade 1, January 9

Poonawalla Stud Farm and Nanoli Stud Farm (Pune), and Kunigal Stud Farm (Bangalore). People looking to network as they buy tend to head to the annual auction of thoroughbred horses in February in Pune. "Although the better horses are bought through private sales in stud farms, the annual auction is a good way to buy relatively less expensive and competitive animals," says Surendranath, declining to reveal what he means by less expensive.

The industry believes that if syndicates are to continue making horseracing more accessible to young Indians, it is imperative that they be taken more seriously. Cyrus Madan, chairman, Royal Calcutta Turf Club (RCTC) explains, "Every investment needs a great deal of research and understanding and horseracing is no different." Knowledge about breeding, training and running a farm helps the owner(s) get a better picture of the business. "There are over 10,000 horses racing in India. The odds are not exactly in the owner's favour," he adds.

Owning a successful racehorse means high returns on an investment through winnings and stud rights measured by breeding and bloodstock value; but there aren't too many of them. Indeed, winners are few and far between. Investors who spend money on horses then, purely swayed by the glamour of the business are likely to be more often than not disappointed.

A thoroughbred in India costs between ₹1 lakh and ₹50 lakh; maybe even more, depending on the horse's lineage, training and performance, says Vivek Jain, chairman of Mumbai-based Royal Western Indian Turf Club Limited (RWITC). Buyers rely on organisations such as the Stud Book Authority of India to ensure the genealogical integrity of a racehorse. "Thoroughbred breeding is one of the most well-documented businesses in the world, with the bloodline of every foal practically etched in stone in stud books," says Brar.

A lucky owner can expect a filly to fetch three times its initial value, while a colt's price may double; both subject to racing performance. Shiven Surendranath says if a horse bought for ₹10 lakh does well in the major races like 2000 Guineas or 1000 Guineas, it can easily be sold for ₹50 lakh to ₹75 lakh. Mares can even fetch ₹1 crore.

Thoroughbred breeding is a global industry with mares sent all over the

world to be mated with top stallions. The import of broodmares by almost all of India's stud farms has increased ten-fold over the last five years, adding to the quantity and quality of Indian thoroughbreds. "Each year, over a hundred horses are imported into India for breeding. Indian thoroughbreds, meanwhile, are exported to places like Singapore, Malaysia and Dubai, where they win big races against international competition," says RCTC's Madan. Two legendary horses that have made it big overseas are Saddle Up, which is owned by Vijay Mallya and Dato Terry Lee and has won races in Malaysia, Singapore and Hong Kong, and Mystical, owned by Dr MAM Ramaswamy, which won two races in the Dubai Racing Carnival. "Indian rules forbid the purchase and import of horses born abroad to restrict international competition and give more impetus to the Indian horse breeding industry. It is permitted to buy an Indian-born mare which becomes pregnant after being mated with a foreign horse," explains Surendranath.

So, does a thoroughbred with good lineage and a handsome price-tag guarantee victory always? "It's a matter of luck. Many times, a less expensive horse has turned things around," says Shujaat. "Nobody can guarantee a champion. You just breed the best with the best and hope for the best."

If good lineage is an important factor, equally crucial is the training to turn a foal into a champion. "Typically, every horse must be rigorously trained for eight to nine months before the racing season," says third-generation trainer Narendra Lagad, who is associated with RWITC. The training gets into a gallop a fortnight before a race; both trainer and jockey put the mount through an intensive programme called 'pace work' that includes strength and endurance routines like galloping, cantering, jumping gates, swimming and competing with other horses. Champion trainers like Lagad command fees of at least ₹10 lakh a year, plus ₹25,000 per horse they train. If the horse wins, they also get a percentage of the prize money. The jockey is also eligible for a share of the winnings, while the race club and bookmaker(s) get a commission.

The country's biggest and most prestigious horseracing events, the Indian Turf Invitation Cup Weekend Racing Carnival are held at the Bangalore Turf Club, the Hyderabad Race Club, the Royal Western India Turf Club in Mumbai, the Royal Calcutta Turf Club and the Madras Race Club. These also host smaller but prestigious races in which champions of smaller turf clubs participate; the prize money of some may be as much as ₹1 crore.

Horseracing with all its thrills and metaphors—sharp suits and lace hats, champagne and cigars—has long been a glamour sport of the richie-rich. Not any more. The racing season has begun, and so has the action. The winners of the last season are hopeful of an encore while the newbies prepare to hold their horses looking for the new Secretariat. ■

(With inputs from Anamika Butalia and R. Pallavi)

BETTING KNOW-HOW FOR BEGINNERS

One can bet either on the totes or totalisators or in the bookmakers' ring. The type of bets are: Win, Place, Forecast Pool, Quinella Pool, Jackpot Pool.

Some Important Bets on Totes:

Bet to Win: Pick a horse to finish 1st

Bet to Place: Pick a horse to finish 1st, 2nd or 3rd (in races with eight runners)

Accumulator Win: This is a multi-race bet in which the winnings are subsequently wagered on each succeeding nominated race

Forecast/ Quinella Pool: Pick two horses to finish 1st and 2nd

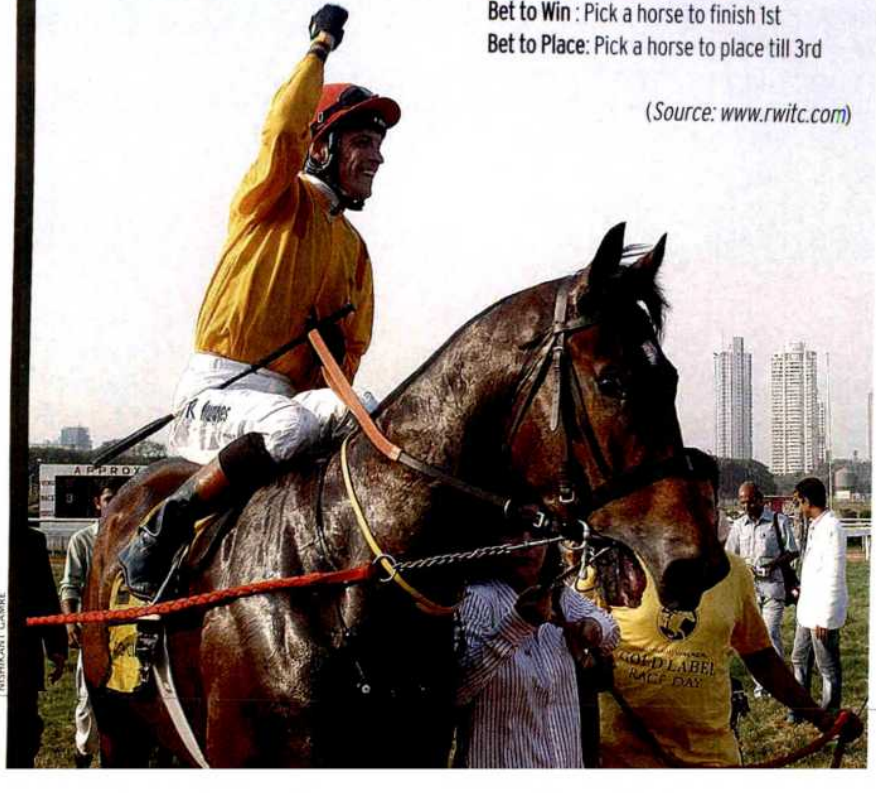
Jackpot: Select the winners of the five races designated by the club for the Jackpot Pool at the declaration stage. You can either buy a single-digit ticket (eg: 1-8-5-2-12) or a combination ticket (eg: 1/6-7/8-5-2-6/12). If you get the first four winners correct, you share in the consolation dividend of 30 per cent. If you get all five right, you share in the 70 per cent dividend amount

Betting with a Bookmaker:

Bet to Win : Pick a horse to finish 1st

Bet to Place: Pick a horse to place till 3rd

(Source: www.rwitc.com)



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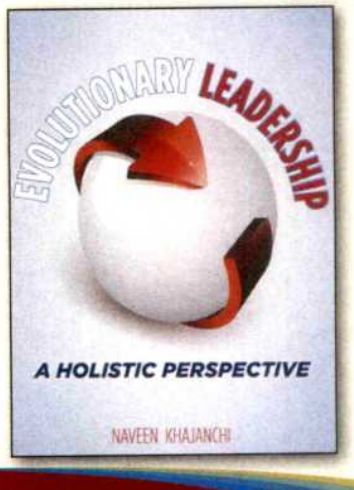
A unique model of leadership, says management philosopher Naveen Khajanchi, combines modern Western processes with ancient Eastern wisdom.

An immensely absorbing read, this book offers practical wisdom to all who aspire to head. He can be reached at evolvedlearning@gmail.com



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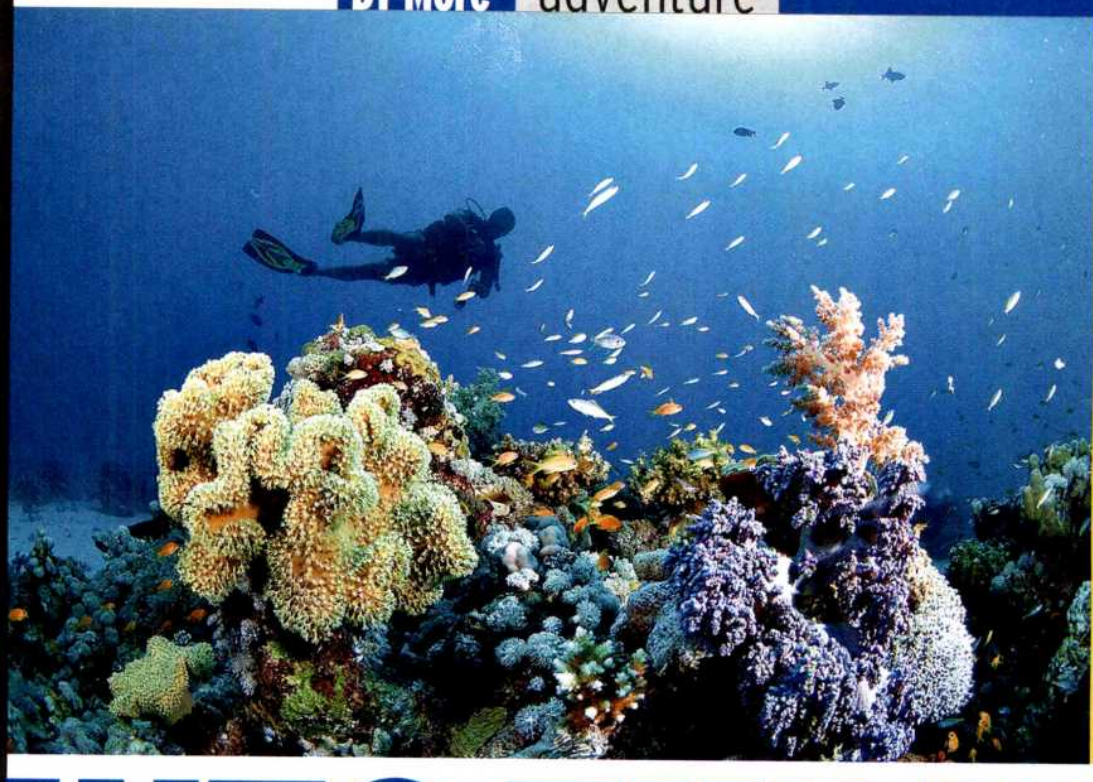
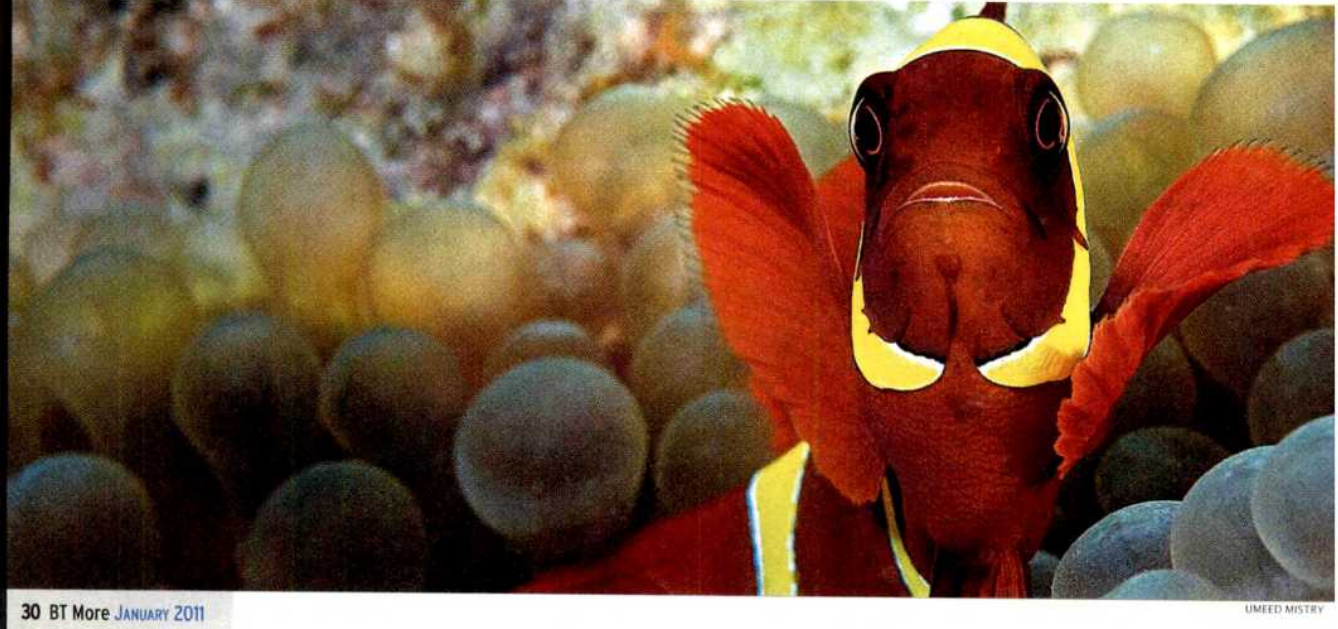


INTO THE DEEI

BY BIBEK BHATTACHARYA

The emerald isles of Andaman are quite correctly feted for their wildness and beauty, but probably the best way to see this wonderful archipelago is to go under the waves and discover the magical world of coral reefs



UMEED MISTRY

UMEED MISTRY

Left: A school of snapper cruise the reefs in search of nutrients; **Facing page:** A diver at 10 m amongst the reefs

The one thing you must learn before you dive is how to 'equalise'. This novel way of neutralising the increasing water pressure on your body as you go deeper needs some getting used to. When you're on land, just a yawn can do the trick, but when you're underwater and with a breathing device in your mouth, the Valsalva manoeuvre is your only defence against an exploding blood vessel and much worse. So you pinch your nose shut, count to three and breathe out a ferocious stream of bubbles in the sea.

Why did I need to learn this? Because I was diving to a respectable three metres to a coral reef off Wandoor beach in the South Andaman island. What most people don't realise is that diving is fairly easy, and you don't really need to know swimming to be a diver. As my genial instructor Seemant Saxena, explains, all you need to do is relax. "Stay calm, don't panic," his motto. Easy to say when you're an expert, but what about someone who's wary of water, let alone the sea? But with the promise of coral reefs, I wasn't going to let something as piffling as paranoia get in my way! And anyway, Seemant did promise that there would be no swimming involved, only gliding.

And the corals! They feed all the clichés and more, from diverse marine life to crystal clear waters, and huge reefs. It's an overcast day. The lack of sunlight, so vital to a reef system, allied with choppy waters, means that by the time we dive in the afternoon, marine life isn't as abundant as it could be. But for a newbie like me, it's good enough.

Right: A tiny blenny hides among the corals; **Left:** An anemone-fish swims amidst the reef

LACADIVES

Andaman has fringing corals, which means that they occur close to the coastlines and radiate outwards forming a boundary. All the islands of the Mahatma Gandhi National Park, some 40 km south of Port Blair, are coral islands, with mangroves on one side and sandy beaches on the other. Typically, the reefs are several hundred metres wide, and separated from the coast by a lagoon. When the ever-curious British discovered the islands in the 19th century, they undertook a survey of the group, and gave the islands incongruous yet charming names like Alexandria, Red Skin, Jolly Buoy, Grub, Snob, Riflemen and Tarmugli. Although tourist visits are restricted to Red Skin and Jolly Buoy isles, diving outfits can take you diving deep in the park in the corals by the many islets.

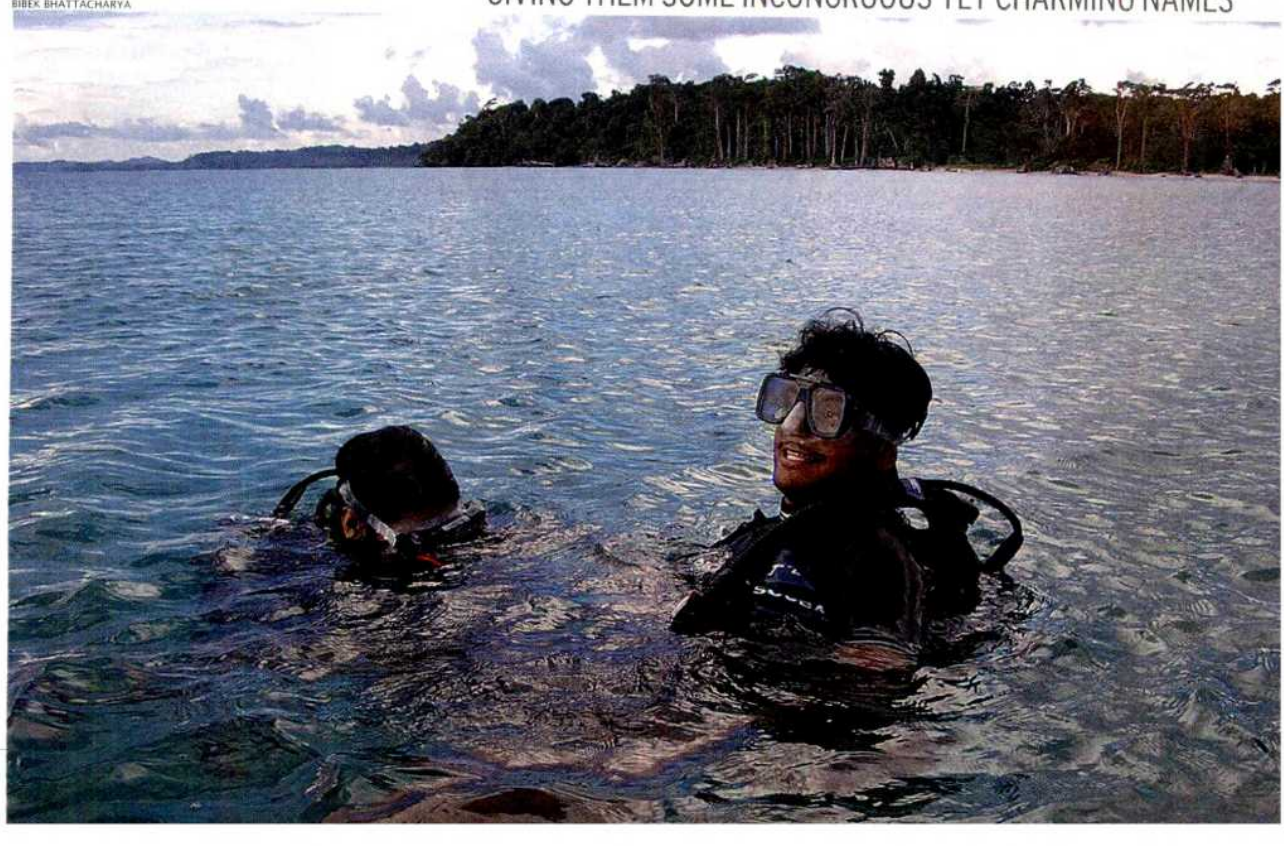
At Wandoor I dive to a mere three-metre, but that's a fairly respectable depth for your first dive. I'm diving with Lacadives, which is one of the best diving outfits in the country, and has a great staff. Although the bulk of their diving is based out of the Lakshwadeep atolls—hence the name—they also organise diving trips in the Andamans. Of the corals around Wandoor, Sumer Verma, Lacadives partner and a 3-star CMAS (Confédération Mondiale des Activités Subaquatiques) instructor, says: "The reefs are still in good condition, but there's no denying the fact that human pressures and the warming El Nino currents are accelerating their rate of decline." Recent government studies have declared the reefs around Wandoor to be in fairly robust health, and rich in life forms.

The first dive is often cited as a life-changing experience. Sumer's diving colleague Umeed Mistry says his first dive off the Maldives in 1996 so entranced him that he decided to take it up for a living. Brief though my dive is, I can imagine the wonder divers feel in this radically alien

Right: The picturesque beach of Havelock Island, with the typical fringing coral that lines the Andaman coast; **Below:** Preparing to dive with instructor Seemant Saxena

WHEN THE BRITISH DISCOVERED THE ANDAMAN AND NICOBAR ISLANDS, THEY SURVEYED ALL THE ISLANDS, GIVING THEM SOME INCONGRUOUS YET CHARMING NAMES

BIBEK BHATTACHARYA



UMEED MISTRY

environment of shifting light, darting schools of fish and strange life-forms. Clearly, like mountaineering, diving is a full-time passion.

For a non-swimmer like me, it's a shock to discover how difficult it is for someone to sink. Our bodies are so buoyant that a diver has to wear a ring of weights around his waist and deflate the air from the scuba harness to be able to sink. The steady, long breaths from the compressed air tank strapped to my back has a calming effect as I sink deeper, pausing every now and then to equalise. The marine world looks perfectly calm through my glasses. Schools of tiny fish—barely an inch in length—hover near my face, staring at me curiously. I poke at them with my finger, and they scatter, only to re-assemble in a flash.

Among the larger ones is the parrot fish. Found in large numbers in the Indo-Pacific region, these part-time herbivores love reefs as these supply a wide variety of organisms towards their diet. I see a few of these dining out in the corals. Parrot fish are indiscriminate feeders, so to get to one tiny mollusk embedded in the coral, they'll break off chunks of the reef with their tightly-packed, sharp little teeth only to be excreted as fine sand. In retrospect, its amazing to realise that much of Andaman's beautiful beaches are formed by the coral debris excreted by fish like these!

Then there are the poster boys of the reef: the clownfish. These anemone-fish have become synonymous with reefs ever since *Finding Nemo* was released almost a decade ago, but the Andamans are one of the few regions in the world that you'll actually find them. I spot one hiding deep inside a sea anemone, with which the clownfish has a symbiotic relationship. But the best thing about diving is the profound silence of the sea. The only sound in this vast blue vault is the whoosh of bubbles rising from my breathing apparatus. Sitting on the sea-bed, I look up at the looming coral cliffs, and above it, shimmering beyond the surface, the world I have left behind for a dip into the unknown. ■

DIVE ESSENTIALS

- Along with Lakshwadeep, the Andaman islands have some of the best diving available in India. Much of the diving here is centred around **Havelock Island** and the **Mahatma Gandhi Marine National Park** off Wandoor beach in South Andaman island.
- There are quite a few great diving outfits in Andaman. One of the best though is **Lacadives**, which functions out of Wandoor. A single day's scuba instruction and dive costs ₹4,500 per person inclusive of swimming pool diving lessons and an open water dive.
- You could also go for the basic **five-day CMAS 1-star certification course** for a total of ₹20,000; food and stay included. **Contact:** www.lacadives.com

REVIEW KOH

A New High in Thai

Celebrity chef Ian Kittichai's swank new restaurant in Mumbai offers enough surprises, flavours and ambience to become one of the city's hot spots

BY ANAMIKA BUTALIA

Chef Ian Kittichai shot to fame with his eponymously named restaurant in New York City. Kittichai no longer has anything to do with Kittichai. But that shouldn't bother Mumbaikars, since they now have Koh by Kittichai at Intercontinental Marine Drive– an extremely stylish restaurant with black surfaces and leather seating. Kittichai says he likes to surprise his guests and boy does he oblige!

When the menu card arrives, it's not your run-of-the-mill paper offering. It's an iPad instead, which lists the dishes available and tells you about the chef and his philosophy. The surprising touches continue through the meal. Yes, there is the usual coconut milk, lemon grass, peanuts and galangal but there are also pork ribs cooked in cocoa powder. The taste of every dish is distinctive. And then there's the presentation (which the chef considers his USP). The Thai curry, for instance, is placed on a sheet of fireproof paper placed in a bowl with a flame burning under it. The rice is cooked on a lava stone on your table.

We begin at the semi-circular bar with a seasonal Berry Good and a Gojiberry Bellini. Both are refreshing spins on classic cocktails, and go down smoothly. For starters, we have the simple but delicious yellowfin tuna ceviche (garnished with mint and lemon grass and drizzled with kaffir lime) and lemon grass-speared chicken, grilled with cilantro and coconut.

Among the entrees, the vegetarian rice pancakes, served with wok-tossed vegetables and sweet chilli dressing, are soggily disappointing. But the Chilean sea bass melts in the mouth and more than makes up for the disappointment. The lava stone-roasted garlic rice served with red curry sizzles; the vegetarian pad thai is dull in comparison. For dessert, I'd recommend the Valrhona flourless chocolate cake that's served with coffee ice-cream. I tried the bittersweet Lindt chocolate lava and was disappointed that the chocolate didn't ooze out like hot lava, as promised.

On your first visit, go with the recommendations of the manager as there are some delectable dishes on the menu that are not easily spotted.

(InterContinental Marine Drive, Mumbai. Tel: 022 39879999. Meal for two: ₹3,800 (with liquor and taxes). Lunch: 12.30-2.45 pm; Dinner: 7.30 -11.45 pm)

Truffles at very non-trifling prices

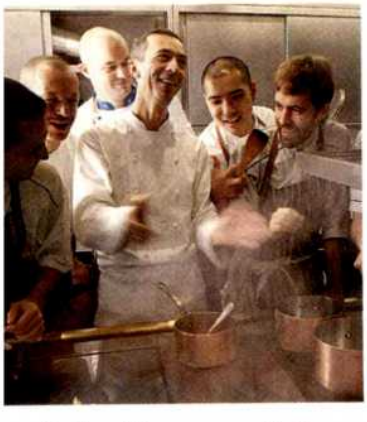
Call it an edible body of fungi in the tuber genus or the Diamond of the Kitchen, connoisseurs just can't get enough of the truffle. In 2007, a record was set when a white truffle weighing 1.5 kg, unearthed near Pisa, was bought by Macau casino owner Stanley Ho for $330,000 at an auction held simultaneously in Macau, Hong Kong and Florence. This November, Ho won the auction again, beating his previous record. This time round, he paid $330,000 (₹1.5 crore on current rates) for a pair of white truffles including one weighing nearly a kilogram.

Glacier guzzle

In a world of vanity without apologies, rarity is an ever-endearing trait. Which could make a bottle of water taken from an iceberg in Greenland virtually priceless. In the case of Glace Rare Iceberg Water however, you can have it for $15 (₹683) per 700-ml bottle. Apparently a crew of eight people aboard a 44-metre vessel will go from Canada to Greenland every couple of weeks to harvest fresh ice for the water.

Form over Function

Designer Rohit Bal's ostentatious Delhi restaurant Veda, which is particularly popular with upmarket foreign tourists, now has a Mumbai outpost. Located next door to the Man U Café and Punjab Grill at Palladium Mall, Veda lives up to its OTT reputation with a crimson and gold decor put together with plush leather and velvet seating. While peacock motifs and majestic chandeliers complete the look of 'brand' Bal, the menu—which promises a twist on tradition —doesn't live up to the hype. But that could be because the full menu is not yet up and running. As of now, the bitter-fried spinach appetiser is nice and crunchy and done to perfection, though the grilled paneer tikka with tamarind chutney amuse-bouche is a little low on spices—for the Indian palate. Tandoor dishes are the speciality here, with juicy tandoori prawns and succulent tandoori chicken. The marinated mushrooms and black dal go well with the interesting onion parmesan kulchas. The dessert is disappointing though, with only phirni and kheer available. *(At Palladium Mall, Lower Parel, Mumbai; Tel: 022 24900055. Meal for two: ₹4,000, without alcohol. Lunch: 12.30-2.30 pm; Dinner: 7.30-1.45pm)*



ichelin newbies

Eight Belgian restaurants have earned their first Michelin star rating, while two others earned their second star. The new one star restaurants include Alexandre and Kamo in Brussels and Het Begaar and Bij Lam & Yin in Antwerp. The newly-minted two-star venues are Nuance in Duffel and Aan Tafel bij Luc Bellings in Hasselt. The highest ranking in Luxembourg is for Mosconi, with two stars. Under the Michelin ranking system, one star signals a very good restaurant, two designates excellent and 'worth a detour' and three means the venue is among the very best and 'worth a special journey.' We dig!

Gaga Over Gold

Italian designers Dolce & Gabbana have teamed up with Bacardi's vermouth brand Martini to launch Martini Gold by Dolce & Gabbana. The new drink is a refined blend of bergamot from Calabria, lemons from Sicily, Spanish saffron, myrrh from Ethiopia, ginger from India and cubeb pepper from Indonesia, and comes in a lavish gold bottle that lights up its black case. Adding to the glamour bit is svelte beauty Monica Bellucci, who has been signed on as the face of this slick spirit that is priced at £30 (`2,131). For *la dolce vita*, look no further.

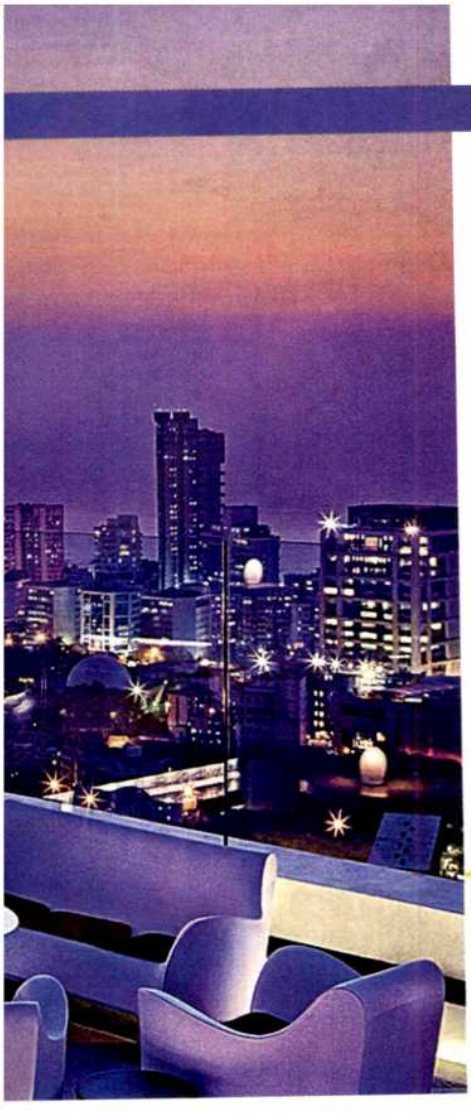
Deep Sea Drinking

Wine experts popped open the corks of two bottles of champagne that were recently salvaged from a 200-year-old ship, sitting 50 metres below the surface in waters south of Aaland, a Finnish archipelago of 6,500 islands in the Baltic Sea. In all, 168 bottles were found, but many of these were smashed while some were contaminated. At the opening (pardon the pun) ceremony, the experts eased the fragile corks and poured the contents from the dark brown bottles—one from the house of Veuve-Clicquot and the other from the now extinct house of Juglar—into rows of waiting glasses. The aroma in the air was a thick, nose-wrinkling bouquet that could be smelled several metres away; stronger than that of all the modern champagnes. Aaland plans to auction one bottle of each make to start with. Experts says they're not sure but they think the bottles could fetch €100,000 (₹59 lakh) each. Let no one question that 'old is gold' ever again.

THE BEST of the WEST

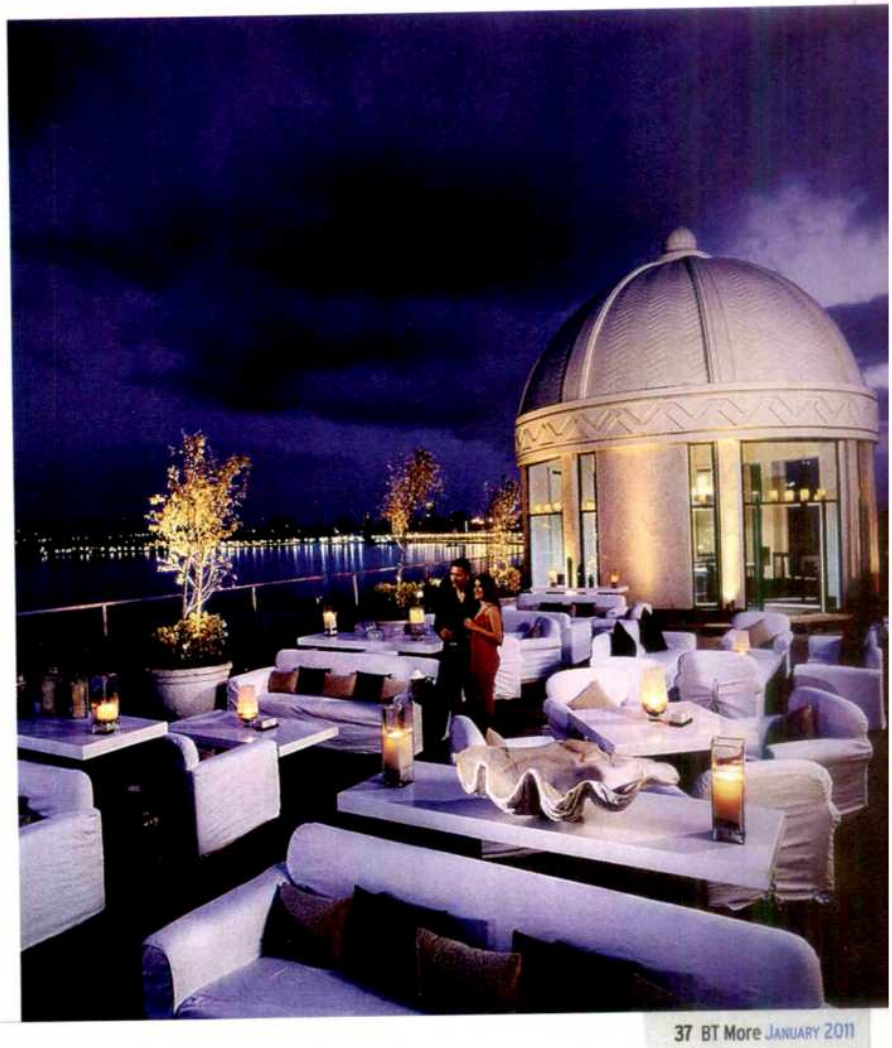
Sandeep Arora heads west to check out the bars of Mumbai. With his pick of the best watering holes in the 'Maximum City', our three-part series on the best whisky bars of India comes to a close

Mumbai is well within her rights to be called the city that never sleeps. Indeed, it seems to party with a spirited passion that no other city does. In our third dispatch on the country's best whisky bars, we acquaint ourselves with some of the pre-eminent bars in the city. Many of the bars we've featured here are strategically located to optimise their grand sea-views. With reason. Sipping on a fine malt while gazing at a spectacular sunset or watching the rainswept sea is a feeling like no other. Mumbai is also easy on rituals and goes simple and elegant on the spirits. This adds to the charm of its bars. Finally, guests here are more inclined towards learning about whisky than shelling out absurd sums for the most expensive brands they can lay their hands on. So even though not all the bars here have a great portfolio, the overall experience of drinking at Mumbai's top bars is highly conducive to the enjoyment of a good dram of whisky.



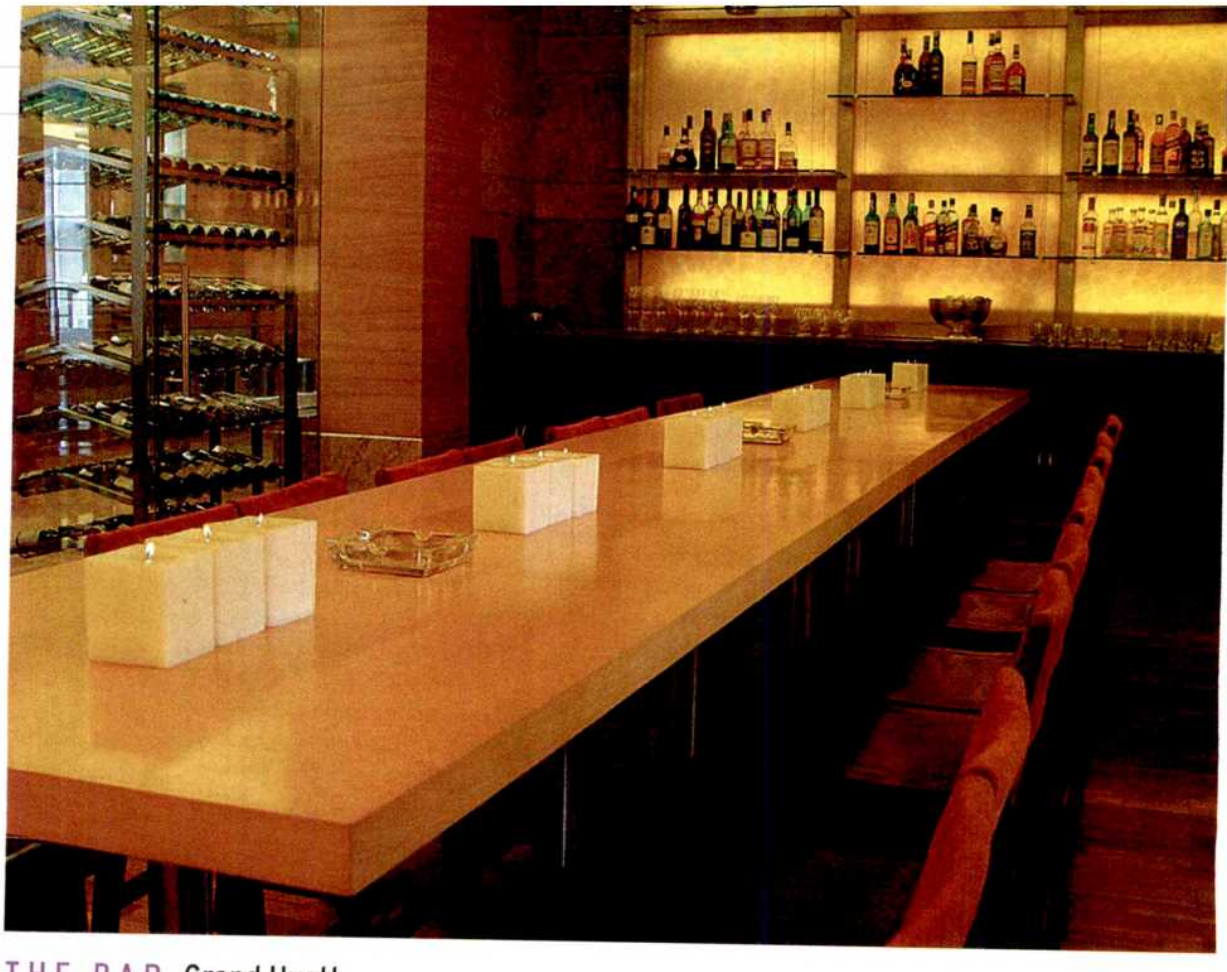
AER Four Seasons

Nursing a lush Ardbeg 34 floors above street level, watching the sun set over the sea, is an extraordinary experience. Covering the entire rooftop of Four Seasons Hotel Mumbai, Aer's panoramic city and sea view and the endless ceiling of sky and stars creates an atmosphere that redefines the notion of bliss. Guests can see the Arabian Sea and the city of Mumbai spread out like a blanket underneath.The whisky list is neat and carries a reasonable range, covering different palates and moods. A great whisky can be enjoyed anywhere but, at Aer, it's a romantic experience. A generous pour of the Glenmorangie Quinta Ruban and some great conversation, either with the solitude of nature or a companion across the table, is both relaxing and re-energising. You can savour your drink at the normal tables or on the low, all-weather sofas that are brightly accented with cushions in bright green, orange, yellow, red and purple. There's also a raised area for greater privacy. The food is equally inspiring, with the emphasis on 'sharing plates'. This includes an innovative selection of hot and cold Lebanese and Middle Eastern dips, Mediterranean tapas and other international favourites.



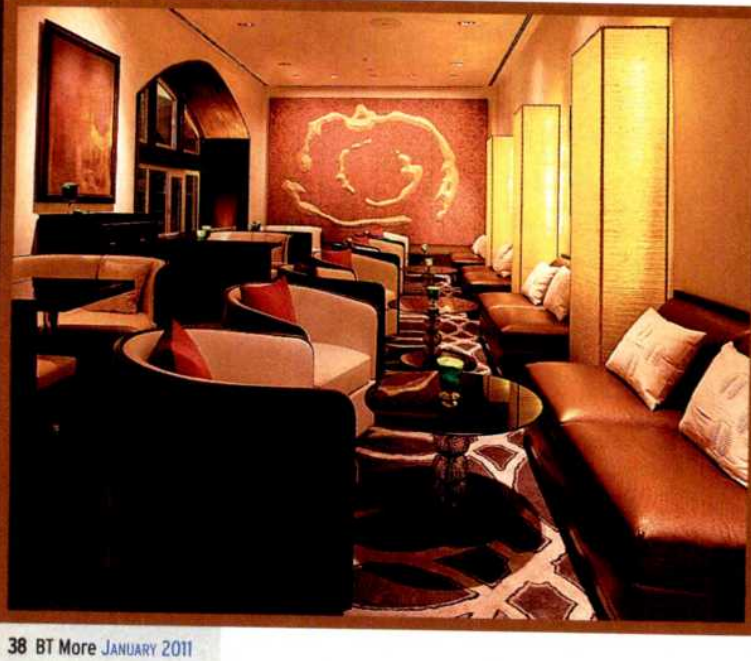
DOME
Intercontinental

Moonlit nights are accentuated at the Dome, when the soft light of the moon falls on the stark white bar. Few places are more romantic than this rooftop sky bar overlooking the sea, with the twinkling lights of the city eight floors below. Dome has secured a spot for itself in the list of the World's top 10 Sky bars by *Forbes Traveler*. The whisky list comprises excellent malts and blends including Glenfarclas 42 YO and Girvan 1964 besides the Bruichladdich 18 YO. There's also a fine selection of cocktails, wines and cigars to choose from. Guests can enjoy good whisky with a grand view of the Arabian Sea for company. The perfect place to go for pursuing the pleasures of the Macallan 21 YO.



THE BAR Grand Hyatt

The Bar at Grand Hyatt is a serene oasis amidst the madness of Mumbai and is the perfect choice for an intimate drink before dinner. Located at one end of the lobby just close to the grand China House, the bar has a good collection of whiskies, which stand tall in a full wall display. You will often find in-house guests starting off an early evening with some gentle whiskies and ending many hours later with smoky and peaty drams. Housing premium whiskies ranging from rare malts to young blends, The Bar offers a small but sufficient selection of food to match the various whisky flavours. The interiors are spacious, uncluttered and conducive for a casual evening. When allied with the stylish decor, and some great whisky, it's a win-win situation.



HARBOUR BAR
The Taj Mahal Palace and Towers

Mumbai's first licensed bar, Harbour Bar has been an icon since 1933 and was adjudged one of India's Best Whisky Bars in 2008 & 2009 at the global whisky awards, Icons of Whisky. With a list of impeccable credentials and recent renovations, the bar seems all set to woo the whisky aficionado. A Glenfiddich 40 YO is best enjoyed here with a fine view of the Arabian Sea. The seating is comfortable while the menu offers international favourites which go well with the whisky range. The bar is definitely one of the finest in India for premium and rare malts. Having been a city landmark for decades, it has gathered memories over the years, and promises to carry forward the spirited tradition.

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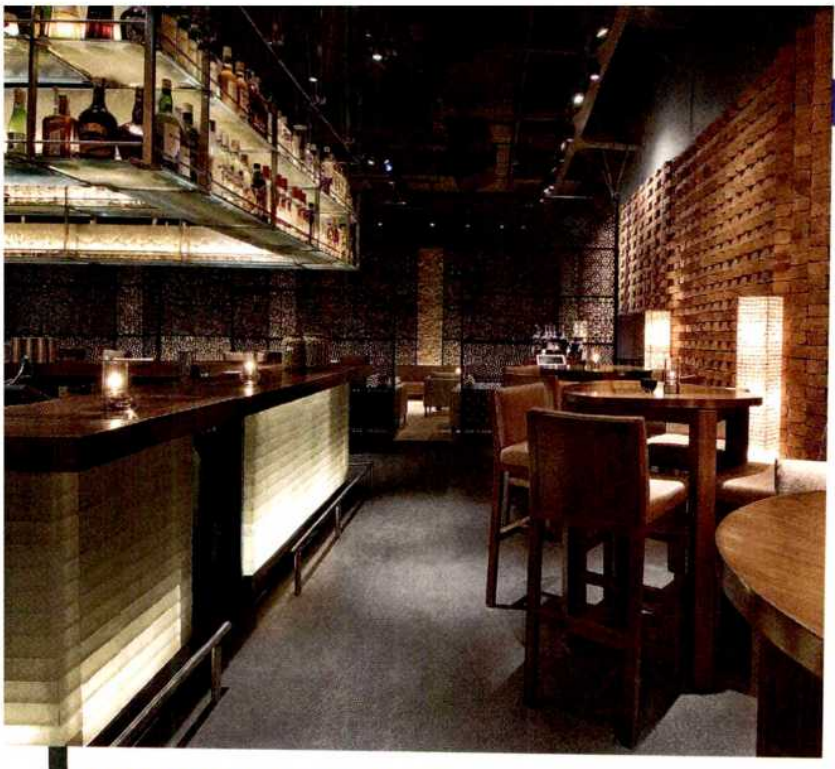


WINK!
Vivanta By Taj-President

A favourite with South Mumbaikers for its generous bar menu, Wink is the current 'it' place in the city. With over 40 brands of whisky, including rare malts such as the Glenfiddich 40 YO, the lush Ladyburn 1973 and a sublime 1964 Girvan first batch distillation, this is just the place for whisky lovers to indulge. Premium malts, including the Balvenie 21 YO, Jura 16 YO and Craggonmore 12 YO, can be enjoyed in contemporary style. The modern décor is beautifully complemented by earthy elements, and the menu offers guests a range of cocktail snacks that blend perfectly with the mood and ambience. A sushi counter offers a combination of authentic sushi and maki rolls, best enjoyed with a Macallan Sherry Oak.

BOMBAY HIGH
ITC Maratha

The ITC Maratha is one of the finest whisky bars in India with an impressive range of Scotch and bourbons of all ages, and a separate area dedicated to rare whiskies. A helpful and well-informed staff makes ordering easy for even the not-so-informed whisky drinker. The location is favourable as it is surrounded by fine dining restaurants serving a variety of cuisines. With the capacity to house over a hundred people at any given time, this bar is almost always packed with people enjoying a drink over good music and conversation. Working closely with key whisky brands, this is just the place to enjoy some of the best whiskies from around the world, most especially a Lagavulin 16 YO and The Dalmore 12 YO. Swing by.

ATRIUM LOUNGE
Taj Land's End

Be it celebrities, movie stars, not-yet-movie stars, corporate heads, HNIs, visitors or in-house guests; they all enjoy the open environment at the Atrium Lounge. A busy restaurant by day, the bar comes alive in the evening with post-dinner whiskies. If you're lucky, you could even get a window table with a grand view of the mighty sea. The bar houses over 40 brands of premium whiskies, including single malts, luxury blends and old vintages. The Dalwhinnie 15 YO is perfect for unwinding with friends while a final dram of the Lagavulin 16 YO guarantees a warm send-off.

VERTU

Vertu Presents Constellation Quest

Vertu, the market leader in luxury mobile phones, has unveiled its first smartphone, Constellation Quest.

Constellation Quest has been designed with the user experience first and foremost in mind, creating a smartphone that is a pleasure to use. Also featured is a Vertu design signature – an analogue clock – which automatically adjusts to the user's location. The whole user experience is one designed to be effortless and intuitive.

On taking ownership of a new Constellation Quest at a Vertu boutique, Vertu's trained assistants will work with the customer to configure the phone's settings to suit individual preferences, including email accounts, information feeds and social networking facilities. The My Key function is also configurable for instant access to four preferred applications. With support for multiple mailboxes, Constellation Quest features a high resolution and high contrast VGA screen for clarity of viewing; the handset also features a video output jack for larger viewing of films, images, presentations and emails. Other technical specifications include Bluetooth®, free global maps and navigation with Assisted GPS, high quality acoustics and optimised speaker, up and downlink noise reduction and an FM radio.

As expected from Vertu, all materials used to create Constellation Quest are of the highest quality. The phone's casings are formed from surgical grade stainless steel or in the case of one variant, 18 carat yellow gold, complemented by the use of the finest leather. These, combined with accents of polished steel and sapphire give Constellation Quest a very pleasing aesthetic and a sense of visual tactility – a product that is as beautiful to look at as it is to hold in the hand.

ETERNITY AQUA

Causal elegance, the refined side of the ETERNITY man
Self assured and masculine
Easy confidence and effortless charm…

The fragrance

- Confident
- Sophisticated
- Relaxed

ETERNITY AQUA is inspired by the freshness of the ocean and elegance of a confident, refined man.

ETERNITY AQUA is a modern aquatic woody fragrance that leaves a lasting impression with a watery surge of chilled cucumber. The heart reflects the timeless elegance of lavender and draws you in with the warmth of sandalwood. Drenched green leaves run throughout the fragrance adding an aquatic depth.

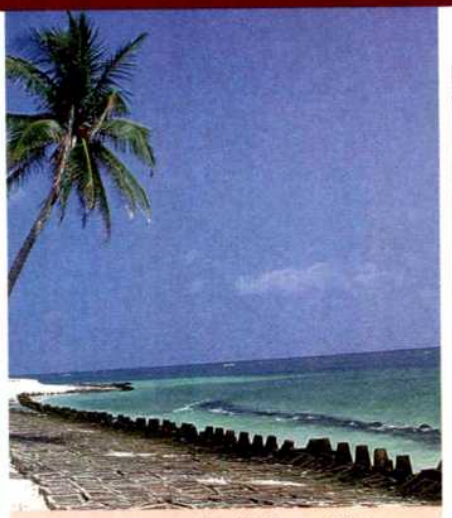
TRENDS for 2011

Find your own **Escape Route**

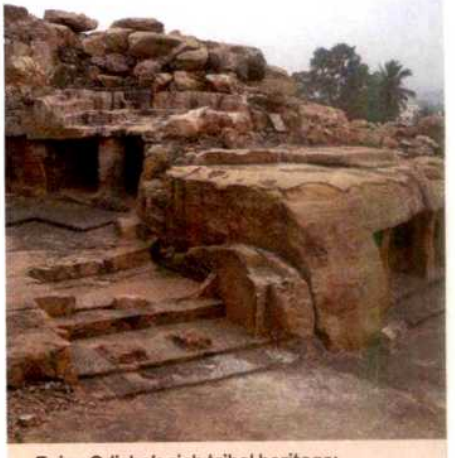
Five trends in the world of travel to look out for in the coming year

- **Traincations:** The romance of the Railroad is back, bringing with it an opportunity to reduce one's carbon footprint. Clamber aboard the Buddhist Special at Delhi to visit Gaya, Rajgir, Nalanda, Varanasi and Sarnath or, if it's a colder clime that you want, hop on to the Royal Scotsman. It may not have been romanticised like the Orient Express, but it exposes you to the world of distilleries, Scottish castles (with malts and fine dinners) and entertainment by artists and story-tellers who board the train each evening to enliven the proceedings.
- **Second-layer vacations:** Value-added experiential trips that provide far more than what's promised by regular guides, such as epicurean odysseys, tennis and golfing camps (where you play with experts and watch great tourneys) and holidays for the extended family that pander to the interests of every generation.
- **Homestays:** Savour not just beautiful locations and great shopping, but a slice of the local culture through meaningful interactions with the local citizenry (including artists and musicians). And what better base for such a vacation than a beautiful homestay where you can live among the locals, enjoy their food and learn their ways?
- **Flashpacking:** This one's for the gypset: backpacking with cash and cachet. Move over youth hostels; enter boutique B&Bs and eco-luxe safari camps and booty camps in picturesque locations that make their own spa products and adhere to the slow food movement.
- **Bleisure trips:** This one's not new but gaining momentum. For people who travel a lot on work and want to bring their spouses along for the ride. Think luxe business hotels with pampering packages for companions.

A 4-night/5-day trip across Maharashtra's adundant diversity and cultural tapestry. **Price:** ₹21,813 per person inclusive of stay, meals, coach transfers and taxes.



Enjoy a cruise on the *MV Ocean Life* to Lakshadweep for 3 nights/4 days. **Price:** ₹22,060 per person, inclusive of cabin fare, meals, entertainment and taxes.



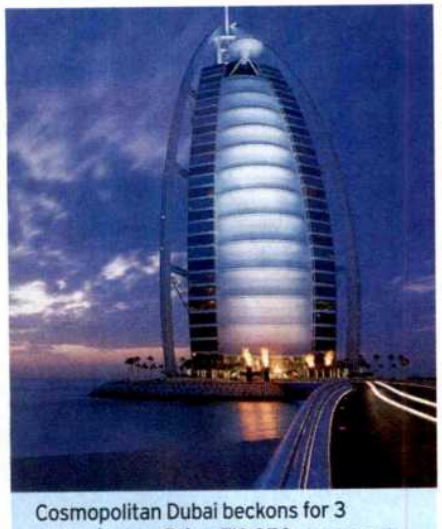
Enjoy Odisha's rich tribal heritage: Bhubaneshwar-Taptapani-Rayagada-Jeypore-Vizag; for 8 nights/9 days **Price:** ₹30,063 per person all inclusive.

Soak in the picturesque vistas of Pemayangtse, Gangtok, Lachung and Yumthang in Sikkim for 8 nights/9 days. **Price:** ₹17,500 per person, all inclusive.

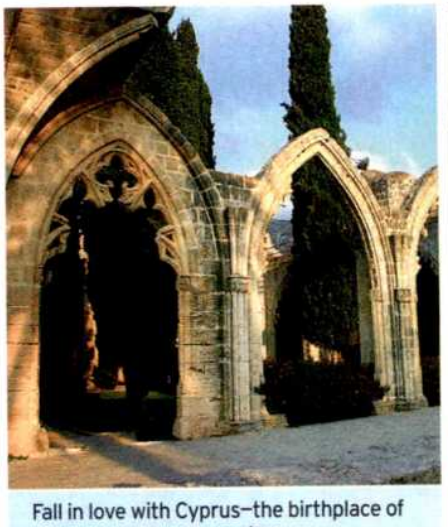
BARGAIN BREAKS

One of the oldest and the most respected names in travel, Cox and Kings have been tailoring holidays to suit your needs for a long time now. Every year, they come up with a list of destinations, both domestic and international, and design their packages accordingly. For 2011, they've come out with a far-ranging list of places that should be high on the list of any traveller. So check out the deals and take your pick!

Eat to your heart's content at Turkish cities– Canakkale, Cappadocia, Istanbul, Kusadasi, Pamukkale–for 8 nights/9 days **Price:** ₹49,276 per person all inclusive.



Cosmopolitan Dubai beckons for 3 nights/4 days **Price:** ₹12,950 per person, inclusive of 4-star accommodation and daily breakfast, sightseeing and transfers.



Fall in love with Cyprus–the birthplace of Aphrodite–for 4 nights/5 days **Price:** ₹24,743 per person including stay, breakfast, sightseeing and transfers.

Enjoy an extended weekend of 3 nights/4 days in Manchester. **Price:** ₹21,633 per person inclusive of accommodation, meals, museum entry and transfers.

Bucketlist of Experiences

Top-picks from 46 new elements of Unesco's Intangible Cultural Heritage

Unesco recently added 47 items to its list of treasures of Intangible Cultural Heritage. Remember, this is an organisation that believes cultural heritage transcends monuments and material objects (though many of the items on that list are rather impressive); it also looks at oral traditions, the performing arts, social practices, rituals, and practices concerning nature and the universe. In keeping with the same belief—of preserving traditional knowledge and skills, we are introduced to some rather unusual talent like Ojkanje two-part singing in the Dalmatian hinterland in Eastern Europe. Performed by two or more singers, this art exploits a form of throat singing that involves a unique voice-shaking technique. Each song lasts as long as the lead singer can hold his or her breath while the other provides a kind of counter-melody. Also on the list, are acupuncture and wooden movable-type printing from China, the Chauu dance of India and a hopping procession from Luxembourg. Intriguing as these may sound, they're not among our top picks on the scroll. To get to our favourites, read ahead and be prepared to call your travel agent when you finish.

Peking opera, China

China's national opera, this 200-year-old performance art incorporates singing, recitals, acting and martial arts. Although it is widely practised throughout China, its roots are in Beijing, Tianjin and Shanghai. Sung and recited primarily in Chinese and Mandarin, the performance tells stories encompassing history and politics as well as daily life. Music plays a key role in setting the pace of the show, creating the atmosphere and shaping the characters. This art is taught primarily through an oral master-student tradition, where the student learns by observation and imitation.

Spanish Castells

This Catalan tradition of building human towers (castells) dates back to the 18th century. These human edifices are formed by castellers standing on each others' shoulders in a succession of stages. Castellers wear a special costume, particularly a cummerbund, that serves to protect and support the back while additionally providing a grip to the person clambering up. The knowledge required for raising castells is passed down from generation to generation within a group, and can only be learned by practice.

Procession of the Holy Blood, Belgium

Each spring, some 30,000 to 45,000 spectators gather in the city of Bruges in Belgium, to witness the Procession of the Holy Blood on Ascension Day; forty days after Easter. The centrepiece of this tradition is the relic of the Precious Blood of Christ. The colourful socio-religious procession dates back to the 13th century, when a resident of Bruges is said to have brought the coagulated Relic of the Holy Blood of Jesus Christ back from the Second Crusade.

Kýrkpýnar oil-wrestling festival, Turkey

Originating in 1357, this is touted as the manliest sport in the world. Here's how it goes. Some 1,500 men (primarily Turks), gather each year near Edirne for a seven-day event to compete for the coveted Kýrkpýnar Golden Belt and the title of 'Chief *Pehlivan*'. The wrestlers wear tight, short leather trousers called *kispet*, made of buffalo leather weighing about 13 kg each and cover themselves with olive oil before they begin grappling. The festival commences with a ceremony where forty bands play the *davul* drums and *zurna shawms*, after which the belt is carried through the city in a procession, followed by prayers in the Selimiye Mosque. *Pehlivans* are considered exemplary figures, primarily for their honesty.

Scissor dance, Peru

La Danza de las Tijeras orthe scissor dance hails from Quechua village in the Peruvian Andes. A ritualistic and highly competitive dance form, it is considered the ultimate test of the artist's endurance and spiritual strength. The dancers, called *danzaq*, perform difficult stunts called *atipanakuy* to the strains of a violin, a harp and the sound of scissors. The art is passed on orally from master to student, who is in turn considered a source of pride to the performers' village of origin.

TAKE SIX

The new year is as good a time as any to take a long, hard look at your wardrobe. Six of India's top menswear designers tell you what items of clothing and accessories to add to your closet in 2011.

BY B BHATTACHARYA

The ultimate goal for a man of style is to build a wardrobe that endures and not be a blind slave to the changing whims of fashion. On the other hand, trends do matter, if only to keep track of what's happening around the world. Will we see a return to skinny, or will paisley prints make a comeback? Not everyone is fashion-forward enough to know. Yes, you know that you should adopt a look that works for your body type and personal style, and suits the occasion. Beyond that, it's best to listen to the experts. To help you with this, we got hold of six leading lights of Indian fashion to tell us what to expect from their world in the coming year.

RAVI BAJAJ

HOTTEST TREND FOR 2011
Jackets with floral and polka patterns will be big, while double breasted jackets have already begun to make a comeback.

HOTTEST ACCESSORY
Large coloured and printed bow-ties will be huge.

THE DOYEN OF INDIAN MENSWEAR SPECIALISES IN CLASSIC LINES THAT EXIST IN A TASTEFUL WORLD OF THEIR OWN. IT'S IMPOSSIBLE TO LOOK BAD IN HIS CREATIONS.

THE MAN FROM BANGALORE IS A LEADING LIGHT OF THE INDIAN FASH FRAT. HIS ZEAL FOR THE PERFECT JACKET IS MATCHED ONLY BY HIS INTENSELY REWARDING ATTENTION TO DETAIL.

MANOVIRAJ KHOSLA

HOTTEST TREND FOR 2011
Jackets, for sure. Especially ones with some extra form of detailing like a print, embroidery or a trim.

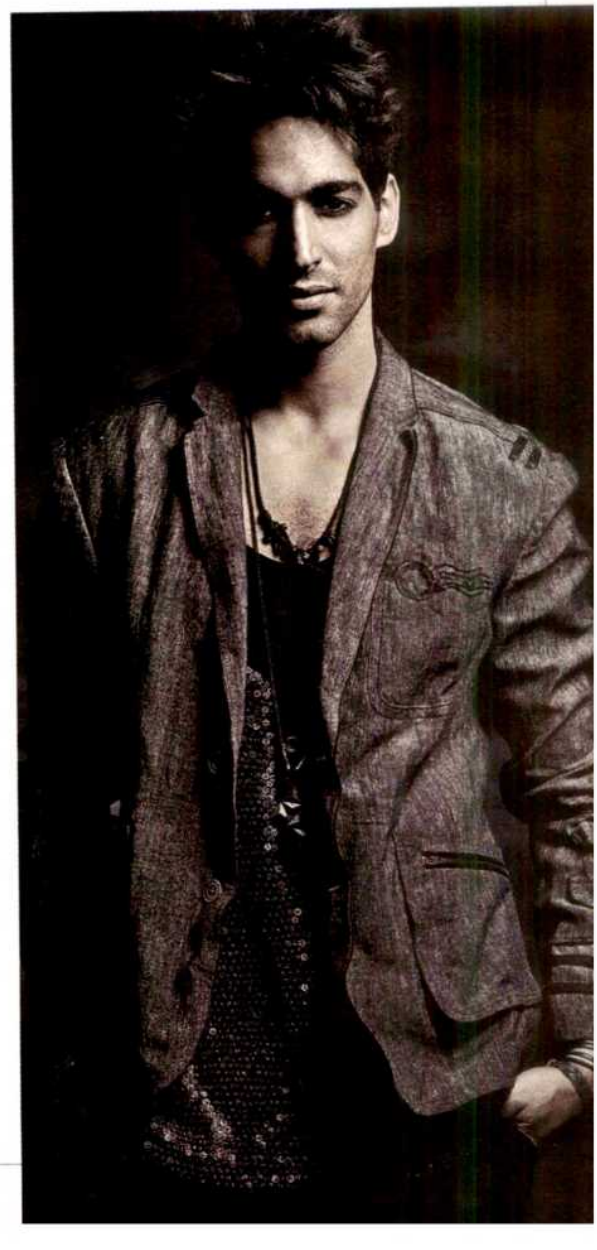
HOTTEST ACCESSORY
The scarf.

RAHUL KHANNA AND ROHIT GANDHI HAVE PLAYED A BIG PART IN REVOLUTIONISING MENSWEAR IN THE COUNTRY WITH THEIR SMART CUTS AND EFFORTLESS STYLE.

RAHUL KHANNA-ROHIT GANDHI

HOTTEST TREND FOR 2011
It is definitely going to be the distressed look. It's fantastic when you can put together an outfit without looking like you're trying too hard.

HOTTEST ACCESSORY
Neck pendants and leather accessories. Say no to canvas!



RADICAL CHIC IS A TERM THAT SEEMS TO HAVE BEEN INVENTED FOR THESE GENTS. THEIR ASSYMETRICAL LINES AND BOLD LOOKS PUSH THE DESIGN ENVELOPE.

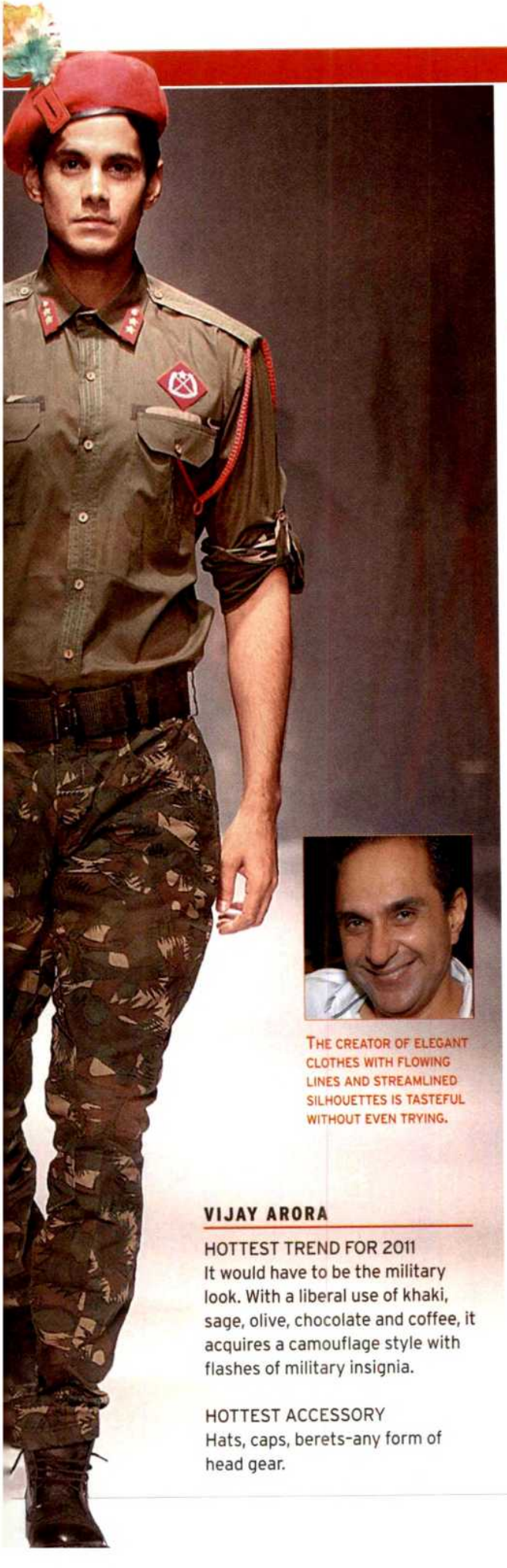
SHANTANU AND NIKHIL

HOTTEST TREND FOR 2011

The trend will be to make Lounge clothing work as formal wear that's comfortable and makes a statement! Experimental fabrics like jersey, paired with a short jacket, is the way to go. 'Comfort in style' is the mantra.

HOTTEST ACCESSORY

Undiscovered brands and bespoke customised accessories will make a mark.



THE CREATOR OF ELEGANT CLOTHES WITH FLOWING LINES AND STREAMLINED SILHOUETTES IS TASTEFUL WITHOUT EVEN TRYING.

VIJAY ARORA

HOTTEST TREND FOR 2011
It would have to be the military look. With a liberal use of khaki, sage, olive, chocolate and coffee, it acquires a camouflage style with flashes of military insignia.

HOTTEST ACCESSORY
Hats, caps, berets-any form of head gear.

FROM BOLLYWOOD TO MENSWEAR, FEW DESIGNERS STRADDLE SO MANY SPHERES WITH AS MUCH APLOMB AS HE DOES. SEEING HIS DESIGNS ARE A PLEASURE.

NARENDRA KUMAR AHMED

HOTTEST TREND FOR 2011
Fluidity through structure. Formal evening wear jackets are structured with details such as draped shawl lapels. Linen/cotton jackets with an inbuilt scarf work with jeans for a stylish casual look.

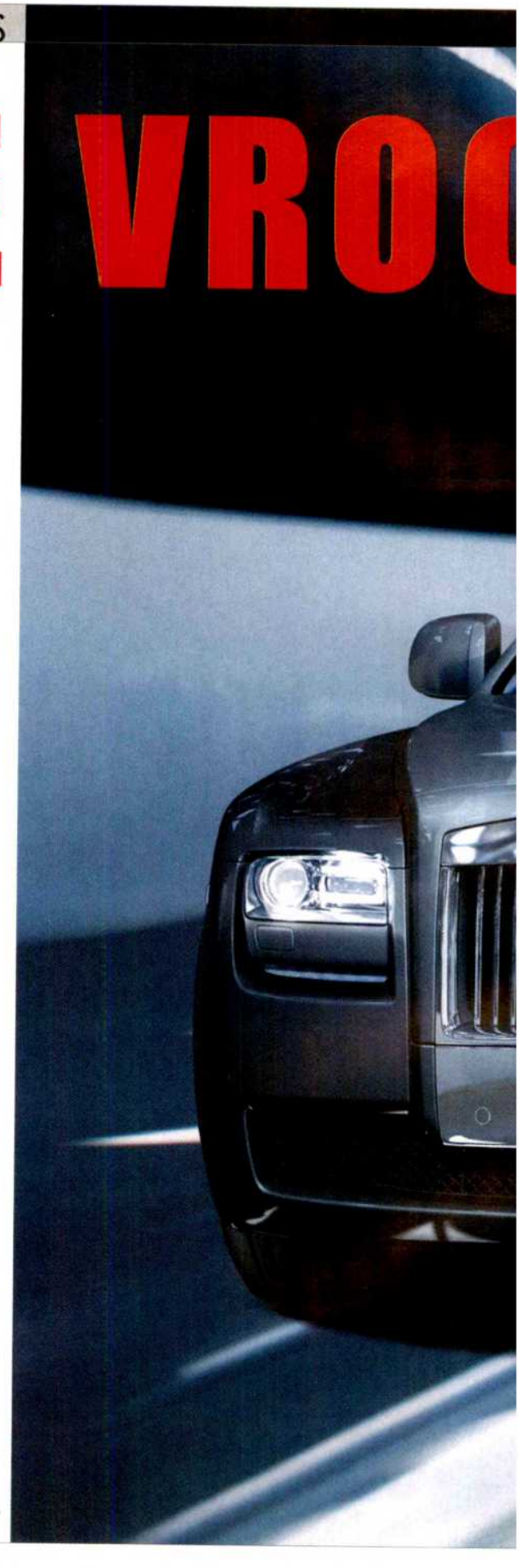
HOTTEST ACCESSORY
Metallic shoes.

MORE VROO

The automobiles just get faster, snazzier, if higher priced, every year. The scene promises to hot up further in 2011, with offerings that are sure to get your pulse racing.

BY VIKRANT SINGH

A new year means different things to different people. For some, it's an excuse to party. For others, it's time to show off their long list of resolutions, which are rarely adhered to! And then there are a handful to whom it's just another date. But we aren't addressing any of these groups here. Instead, we are here to help those looking at buying fancy new metal in 2011. And believe us, there will be plenty of these, with Ferrari planning to launch quite a few of their models here over the next few months.With the market booming and a plethora of new automobiles lined up for release this year, choosing a car that meets your needs and aspirations can get both confusing and frustrating. So, here is our pick of the eight most interesting cars to hit showrooms in 2011. The offerings range from an Audi to a Volkswagen, with a BMW and a Land Rover thrown in.We provide you with the top specs, approximate release dates, power-train options and tentative pricing, to give you the complete picture. Have a great automotive year!



ROLLS ROYCE GHOST

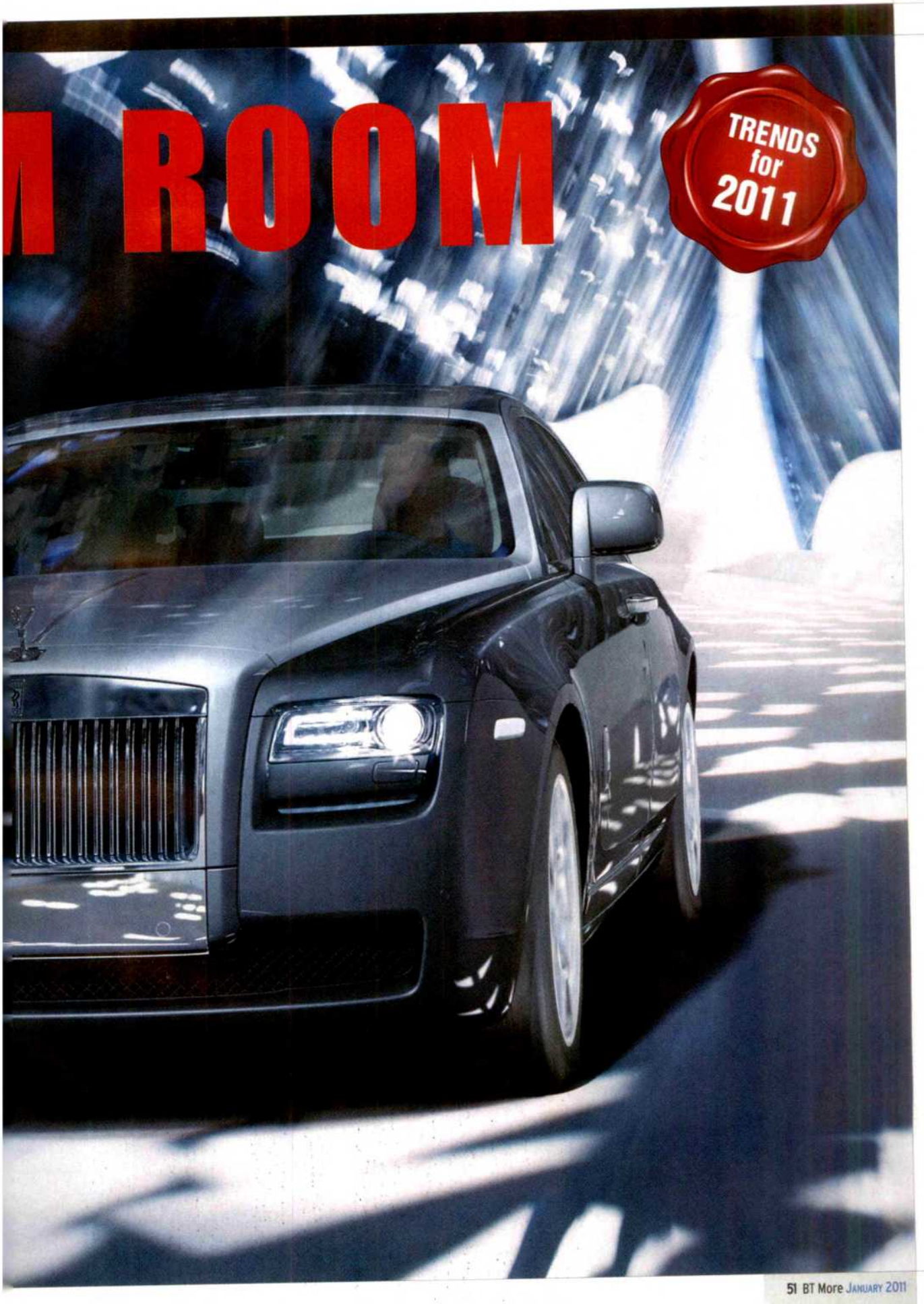
WHAT IS IT?
Given a sneak peak in late 2009, the Ghost makes its appearance in India this year. Smaller in size than the Phantom, the Ghost aims to be a luxury car that the owner would like to drive himself. It is an impressive mix of traditional design and modern tech.

WHAT'S SPECIAL ABOUT IT?
The Ghost looks fantastic, with an understated muscularity, and it is packed to the gills with some fantastic technology

MAIN SPECS
Engine: V 12; Max power: 563 bhp; Max torque: 780Nm; Gearbox: 8-speed automatic; Chassis: Steel monocoque

PRICE: ₹2.5 crore; **LAUNCH DATE:** Early 2011

M ROOM



MERCEDES CLS

WHAT IS IT?
The CLS is a lovely mix of a sedan and coupe. This was the car that set the trend of a saloon sporting a coupe roof line. It comes with a 4.7-litre V8 petrol engine and a 3-litre diesel one

WHAT'S SPECIAL ABOUT IT?
The way it looks, both inside and out. It also drives well, and is comfortable both for the driver and the passenger. When standing still, it looks the part of a sporty saloon

MAIN SPECS
Engine: 3498-cc petrol; Max power: 306 bhp; Max torque: 370 nm; Gearbox: 7 speed automatic; Chassis: Monocoque; Wheelbase: 2874 mm; Kerb weight: 1800 kg

PRICE: ₹85 lakh; **LAUNCH DATE:** Early 2011

VOLKSWAGEN PASSAT

WHAT IS IT?
It is a new version of the car that is already on sale in India. Not only do the new generation car look better, is is also more spacious with a mo powerful and efficient engine

WHAT'S SPECIAL ABOUT IT?
Options. There are number of engine types to choose from. The equip ment list includes automatic boot, traffic light detection, dynamic head lamps which follow a curve, and a lane departure warning system

MAIN SPECS
Engine: 1968-cc diesel/1798-cc petrol; Max power: 140 bhp/160 bhp; Ma torque: 320 nm/250 nm; Gearbox: 7 speed dsg; Chassis: Monocoque Wheelbase: 2712 mm; Kerb weight: 1510 kg

PRICE: ₹25 lakh; **LAUNCH DATE:** Early 2011

AUDI A8

WHAT IS IT?
A luxury barge of enormous proportions that's packed wit so much technology, it might just shame NASA. Indeed, wit a range-topping 6.3-litre engine pumping out 500 bhp, it' almost a rocket ship in disguise. Driving it, though ,is easy

WHAT'S SPECIAL ABOUT IT?
The exquisite interiors. There's wood, metal and top class plastic all round. Then there's a 3D navigation screen anc touch pad

MAIN SPECS
Engine: 4134-cc V8 diesel; Max power: 350 bhp@4000 rpm; Max torque: 800 nm@1750 rpm; Gearbox: 8 speed automatic; Chassis: Monocoque; Wheelbase: 2992 mm; Kerb weight: 2070 kg

PRICE: ₹1 crore; **LAUNCH DATE:** February 2011

LAND ROVER EVOQUE

WHAT IS IT?
The Evoque is Land Rover's lightest and smallest SUV ever. There's no green technology involved though. It is simply an attempt by the company at being smaller and more environment-friendly. It will also be offered in a two-wheel-drive format for greater efficiency

WHAT'S SPECIAL ABOUT IT?
It is the most beautiful looking SUV around. Its sharp design, tapering roofline and bold front evoke strong emotions

MAIN SPECS
Engine: 2.2-litre diesel; Max power: 150 bhp; Max torque: NA
Gearbox: 6-speed automatic; Chassis: Monocoque

PRICE: ₹40 lakh; **LAUNCH DATE:** Late 2011

BMW X3

AT IS IT?
the BMW X1's bigger, more expensive sibling. Also like the X1, it t particularly good looking. But what it lacks on that front, it kes up in modern hardware. There is a petrol as well as a diesel gine to choose from. It will come into India as a CBU

AT'S SPECIAL ABOUT IT?
larger and more modern than the current X3. As an SUV, it will -run most sedans around bends. It also comes with the latest, h-tech, i-Drive system that is every techie's wet dream

IN SPECS
gine: 1995-cc diesel; Max power: 184 bhp; Max torque: 380 nm; arbox: 8 speed automatic; Chassis: Monocoque; Wheelbase: 0 mm; Kerb weight: 1800 kg

ICE: ₹45 lakh; **LAUNCH DATE:** Mid 2011

MINI COOPER S

WHAT IS IT?
Originally a British tiny car, it has now morphed into a German giant. Don't be misled by the name, there's nothing small about the Mini anymore. It's in fact bigger than most hatchbacks on sale in India. It's fun to drive, is built like a tank and has a great engine

WHAT'S SPECIAL ABOUT IT?
The design, the unique interior trim, and the fact that it has only two doors. If you love to travel alone or just with the love of your life, it doesn't get more special or intimate than this

MAIN SPECS
Engine: 1.6-litre petrol; Max power: 184 bhp; Max torque: 240 nm; Gearbox: 6 speed automatic; Chassis: Monocoque; Wheelbase: 2030 mm; Kerb weight: 1215 kg

PRICE: ₹20 lakh; **LAUNCH DATE:** Late 2011

VOLVO S60

WHAT IS IT?
Call it Volvo's saviour. So far, all the cars that have rolled out from Volvo were safe and well built, but drab looking. The S60 changes that. This automobile is packed to the gills with technology and good looks, and will go up against the Mercedes C-class, albeit at a lower price tag

WHAT'S SPECIAL ABOUT IT?
Its list of safety features. This car boasts such state-of-the-art technology that it can literally drive itself. It can accelerate and brake on its own and has enough airbags to keep it afloat in water when all of them are deployed

MAIN SPECS
Engine: 2500-cc diesel; Max power: 205 bhp; Max torque: 420 NM; Gearbox: 6 speed automatic; Chassis: Monocoque; Wheelbase: 2774 mm; Kerb weight: 1850 kg

PRICE: ₹25 lakh; **LAUNCH DATE:** Mid 2011

ZENITH EL PRIMERO CAPTAIN

As the name suggests the watch embodies the finest expression of the ZENITH watchmaking heritage. Expertise that – as with that of navigating the seas – is passed from watchmaker to watchmaker within the precincts of the Manufacture at Locle. This watch is inspired by a former line created by ZENITH in the mid-1960s. All the watchmaker's skills – technique, precision, and artwork – are incorporated into this construction. With its Dauphin-style hands and long indexes, in both cases fluted, the Captain harks back unmistakably to vintage timepieces. These outstanding elements take on the emblematic character of ZENITH chronographs made in about the middle of the last century. In homage to the original model, the Zenith El Primero Captain picks up both the spirit and the aestheticism again. A thoroughbred, the chronograph has two large push-pieces on the side. Just as it did fifty years ago, technical and chronometric achievement governed the development of this collection. The new generation technically surpasses past ones by incorporating a high-performance COSC-certified movement, the legendary El Primero caliber designed in 1969. The movement, with Côtes de Genève decoration, is visible through a sapphire case back. On the other face, the silver sunbursst dial is surmounted by gold-plated facetted rhodium hands and indexes. The date window is positioned at six o'clock. Three chronograph sub-dials are arranged in a V at the centre, on the lower part of the dial. The watch combines simplicity with a strong identity. It expresses both a very masculine retro elegance and highly technical complexity.

TAG HEUER MERIDIIST ROSE GOLD & STAINLESS STEEL

ELEGANTLY DYNAMIC

Ever since TAG Heuer launched the first MERIDIIST Communication Instrument, a visual language has emerged across the various materials, color codes and finishing details of its models. While some express the successes of TAG Heuer's legendary sporting history, other models bear luxurious details that put them on par with high jewelry craftsmanship.

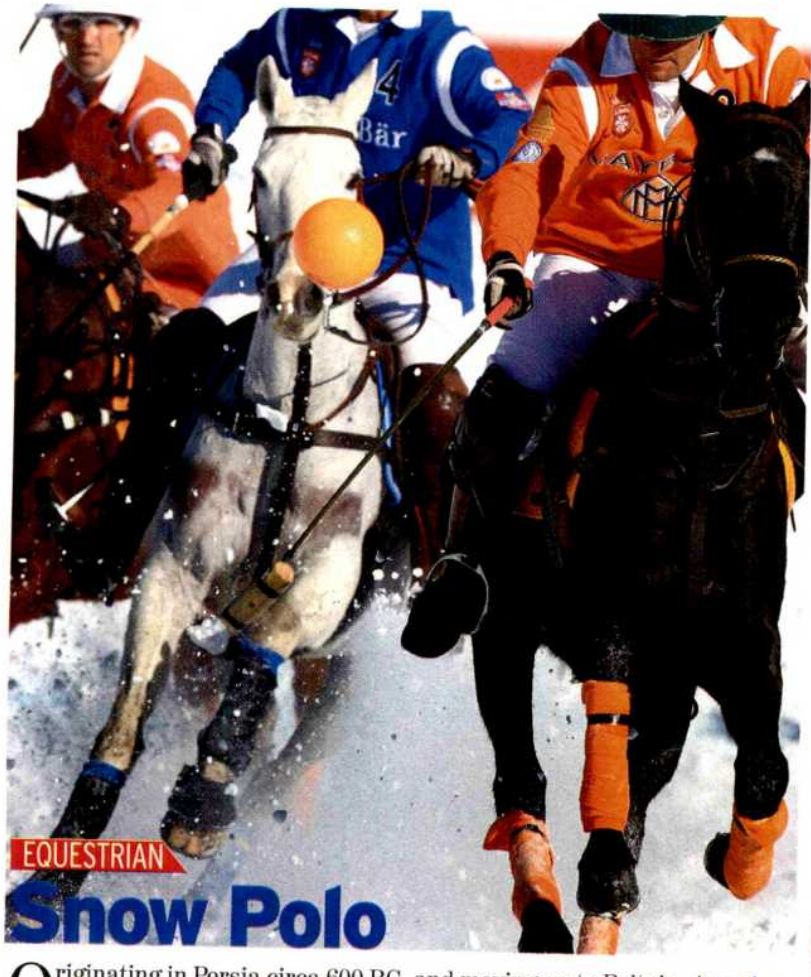
A dynamic combination of steel, rose gold, and brown alligator skin. Against a 316L stainless steel body with satin polished finishing, the rose gold detailing totals 16.2 grams of weight in gold. Warmly toned, 18 - carats of glowing, solid rose gold frame the upper and lower dimensions of the smoked sapphire crystal display as well as the lateral control keys and the entire camera shutter at back, engraved with the TAG Heuer signature shield.

At the height of sophistication, both extravagant and understated at the same time, deep brown alligator skin cradles the back of the MERIDIIST, expressing the ultimate in design distinction. Rose gold's uniquely rich dimensions of tone come to the fore in probably one of the most stunning material combinations to date.

TAGHeuer
SWISS AVANT-GARDE SINCE 1860

KEEP PACE

Fast cars, bikes and boats. Racing tidbits from around the world.



EQUESTRIAN

Snow Polo

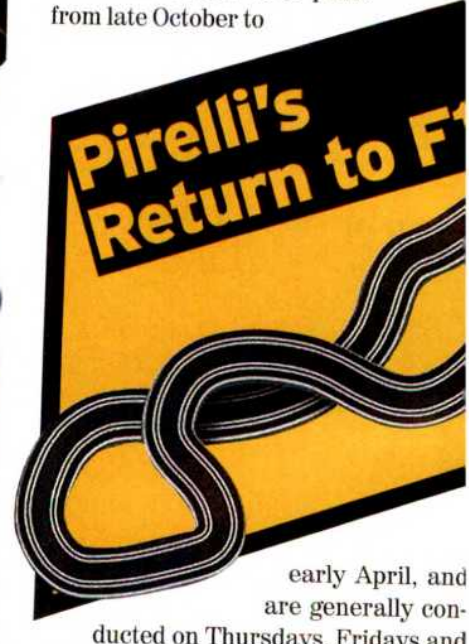
Originating in Persia circa 600 BC, and moving on to Britain, America, India, and ultimately the rest of the world, today polo is played in over fifty countries across all continents. This makes it without a doubt the most exclusive equestrian sport. The St Moritz Polo World Cup on snow is the world's most prestigious winter polo tournament which is held around the same time every year. But unlike the earlier editions where teams were divided based on their sponsors, this year, patrons will represent their countries of origin as they compete for the coveted trophy. The organisers feel that international competition will increase the level of excitement and ensure the tournament has long term success.

LASTING FOUR DAYS FROM JAN 27-30, TWO TOP-NOTCH SNOW POLO MATCHES ARE PLAYED DAILY AT ST MORITZ, ENDING IN A GRAND FINALE ON THE LAST DAY

CAMEL RACE

Humps on Speed

The camels are back on the track. Over the past 20 years, camel racing in the UAE has gained both structure and prominenc with some 15 racetracks across th country equipped with well-kept stad ums. The races take place from late October to early April, and are generally conducted on Thursdays, Fridays and Saturdays, with one race at 7.30 am and one at 4 pm. Distances vary between 4 and 10 km and 15 to 70 camels participate in each race. The lifting of a large, multi-strand barrier signifies the beginning of the race, and winners receive big prizes, including luxury cars. Not surprising since prized racing camels are worth millions. Incidentally, the camels now race with robots on their back instead of the previous child jockeys, some of whom were as young as six years old.

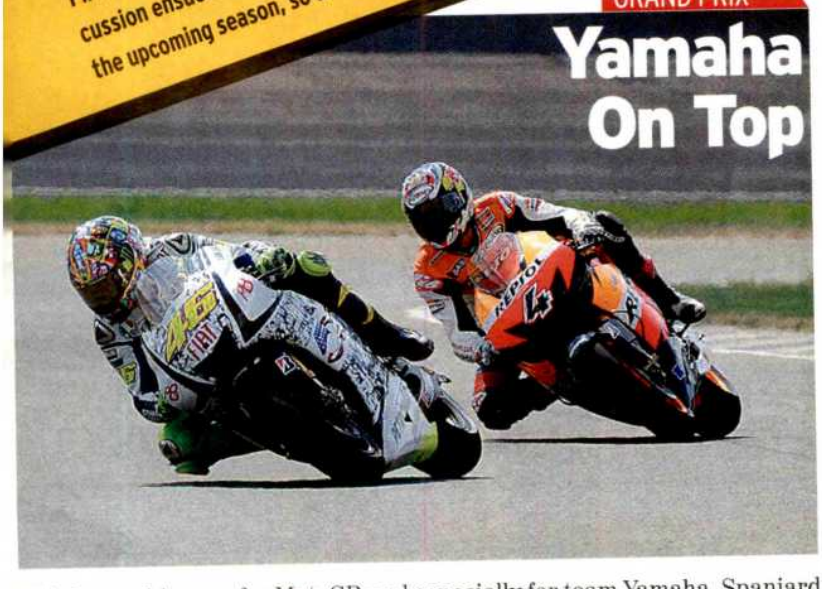


AT THE NAD AL SHEBA RACING TRACK IN DUBAI, THE MORNING RACES ARE RUN PRIMARILY BY CAMELS OWNED BY SHEIKHS, BUT THE AFTERNOON RACES ARE OPEN TO ALL

ter a 19-year-long hiatus from the circuit, Pirelli is making a comeback at the 2011 F1 racing season. All 12 Formula 1 teams were present at the two-day tyre test held in Abu Dhabi in November 2010, where the racers racked up close to 11,000 km as part of the tyre testing process. The drivers got a taste of the Italian company's rubber, and decided to replace Bridgestone with Pirelli as the sole tyre supplier for the coming season. World champion Michael Schumacher, who had used Pirelli tyres almost two decades ago, was also present at the event. Much discussion ensued over how the shift to Pirelli could make him more competitive in the upcoming season, so until proved otherwise, let's wait and watch.

GRAND PRIX

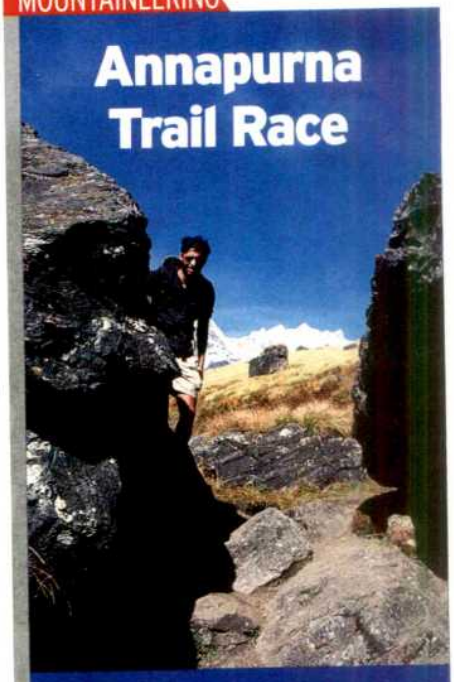
Yamaha On Top



It's been a big year for MotoGP, and especially for team Yamaha. Spaniard Jorge Lorenzo rounded off a great season with his ninth title-clinching win for Yamaha along with teammate Valentino Rossi. Together, the two racked up a record number of points—a whopping 383—and Lorenzo took the number one spot for the year, with Rossi coming in third. However, this is the last we will see of their collaboration, as Rossi will be racing for Ducati next year.

MOUNTAINEERING

Annapurna Trail Race



The story began 15 years ago, back in 1995, when local runners in the Annapurna mountain range in Nepal set out to prove that the run from Pokhara to Poon Hill and back—which would ordinarily take the average trekker approximately five days to complete—could be accomplished in 12 hours or less. That year, the winner took exactly 11 hours, 55 minutes and 55 seconds to make the return journey thereby setting a new record. Owing to conflict in the area, the race underwent a bit of a set-back in the following years. But it was firmly back on track in 2009 when a successful 100-km race was run, and in 2010, which saw a new 71-km trail. On January 1, 2011, participants will have the choice of covering 50 km, 70 km and 100 km across some very arduous but beautiful terrain. Scaling heights of upto 3210 metres, this trail guarantees the ultimate rush for adrenaline junkies. Getting high at New Year can never be more exciting.

Track and wield

Check the desirability quotie

Lamborghini Gallardo LP 570-4 Spyder Performante

If Batman was in the market for a new Batmobile, this open-top super sports car would fit the bill. Lamborghini's new and improved Gallardo LP 570-4 Spyder Performante takes excellence to a whole new level. Upping the brand's standard of lightweight engineering, the weight of the Spyder Performante has been reduced by 65 kg. With a dry weight of 1.485 kg, this feat has been achieved in large by using carbon-fibre in both the exterior and interior components. The V10 power unit with a displacement of 5.2 litres generates a powerful 419 kW which catapults the dream machine from 0 to 100 km/h in a mere 3.9 seconds. Price: ₹1.12 crore

HUGO BOSS

Unapologetically Masculine. As the tagline goes, BOSS BOTTLED NIGHT is exactly that. This supremely masculine scent is a combination of energetic, green and aromatic notes driven by birch leaf and cardamom in the heart of the fragrance, blended with rich woods and powerful musky notes in the base. The packaging follows the same iconic design as BOSS BOTTLED, with subtle embellishments which reflect a seductive image. Bold and audacious, Hugo Boss pushes the boundaries of sheer masculinity yet again.
Price: ₹3800 for 100ml

Crossover from Technogym

The revolutionary Lateral Total Body Trainer is the latest and first of its kind equipment from Technogym. This unique innovation engages each muscle of the body in a holistic exercise regime with this all-in-one machine. Introducing the simplest, easiest and most convenient way of attaining a fit body, its new convergent lateral movement is intuitive and engages muscles usually left ignored by traditional equipment. The design promotes fluid and rhythmic movement, and additionally helps reduce joint pains. Best of all, it is straightforward and works for everyone regardless of their level of fitness or age.
Price: On request

'ohnnie Walker Gold Label Reserve

'o celebrate the luxurious and rich spirit of Johnnie Walker, he Johnnie Walker Gold Label Reserve is a refined limited ·dition, which comes in a box casing created by designer 'arun Tahiliani. A rich and indulgent blend of whiskies made ·xclusively from the master blender's private reserve, this pirit is golden-hued, smooth, rich and creamy, with hon-·yed, fruity tones and light smoke. It is now avail-ıble in select premium wine stores in your city.

'rice: ₹5350

Rado Centrix

Rado, the pioneering Swiss watchmaker, has unveiled Centrix, a brand new collection comprising three distinct styles. The automatic is sleek with a silver finish, while a more refined version has a mother of pearl dial lined with diamonds and protected beneath a finely metallised edge to edge sapphire crystal. The collection accentuates the circle in its purest form: classic and fluid. The authentic design and shape make it flexible and elegant.

Price: ₹34,000 onwards

Nokia E7: The ultimate business Smartphone

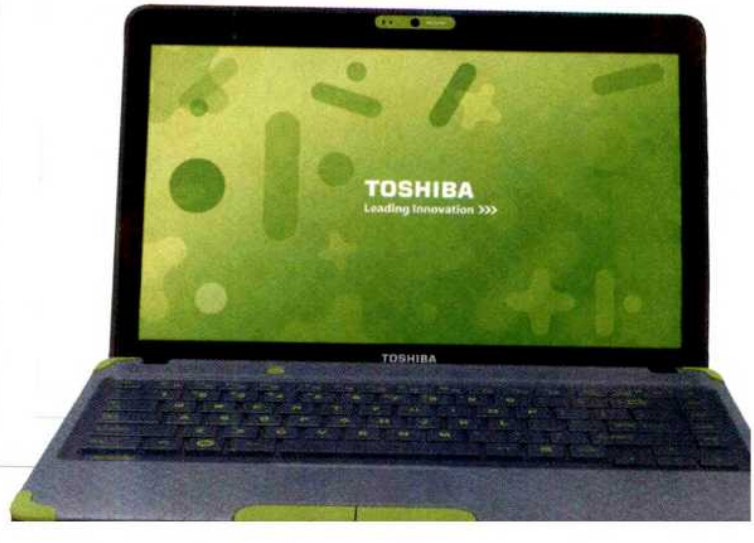
The new Nokia E7, which is soon to be launched in India, is the ultimate smartphone for businessmen. With a lush 4-inch touchscreen, slide-out QWERTY slider, an eight megapixel camera accompanied by a dual-LED flash and a brand new ClearBlack technology for better outdoor visibility, the E7 is packed with features to complement its sleek looks. Connectivity is increased via the Bluetooth 3.0, Wi-Fi, on board GPS and a micro USB for data transfers which can be synced with your PC. It comes with preloaded applications like World traveler App, IBM Lotus Notes, Traveler, F-Secure anti-theft software and Nokia Ovi Maps with free GPS navigation. Additionally, users can enjoy a conversational view for SMS, Flash Lite 4.1 support and 16GB memory space. It is available in dark grey, silver white or blue anodised metal.

Price: NA

TAG Heuer Monaco V4 Rose Gold
TAG Heuer adds another feather to its hat with a 60-piece limited edition of the V4 Next Generation Rose Gold Ruthenium and Ceramic. This double-patented watch has been nominated the Design Watch of the Year at the 2010 Grand Prix d'Horlogerie de Genève Awards. The world's first watch with a high-yield mechanical belt-driven and linear rewinding system, its design is based on the Monaco first seen on Steve McQueen's wrist in the 1970 race film *Le Mans*. This new version comes cased in polished rose gold. In addition, rose gold has been used in the indexes on the dial, the minute, hour and second hands, the crown, and the folding buckle. The strap itself is in alligator skin, with anthracite hand stitching, titanium inserts and a rubberised leather lining.
Price: On request

Montblanc Limited Writers Edition 2010
Every year Montblanc follows a tradition of paying tribute to the greatest icons in literary history, by issuing a Limited Writers Edition. This year the honour has been bestowed on one of America's most famous authors to date, Mark Twain. With a pen inspired by his famous works, the cap ring is marked with the author´s signature and limitation number; truly making it one of a kind. Price: On request

Toshiba Satellite L360
Toshiba has introduced a host of innovations in their new Satellite L360 laptop. A wipeable keyboard takes care of the dusty environment, while the no-gloss dura-cross textured finish reduces fingerprint smudges. A 3D Hard Drive Impact Sensor absorbs jolts and makes it possible to use the laptop while traversing bumpy Indian roads, while a USB Sleep-&-Charge port allows you to charge instruments like your phone or camera battery without having to boot for power.
Price: ₹36,869



Brown Forman's gift pack

The house of Brown Forman has come out with a gifting pack comprising two grand souvenirs; a Korbel California Premium Champagne (Brut or Natural) and a Fetzer Wine (merlot). The finish of the champagne is medium dry with a slight savoury note. Made from organically grown grapes, the gift pack promotes a healthy and responsible lifestyle. Choose from either the Brut or Natural package.

Price: ₹4100 (Brut); ₹6100 (Natural)

Porsche Design's Lean BriefBag

In keeping with the lean management success principle, the new Porsche Lean Briefbag avoids waste to optimise space. The motto: Only what is actually needed belongs inside. Designed as a prototype by business consultants at Porsche Consulting GmbH, everything is clearly and logically arranged for easy and quick access. Truly striking in its appearance and functionality, this business briefcase does away with superfluous compartments and is a great travel companion for businessmen.

Price: On request

Leathergoods from Norton MacCullough & Locke

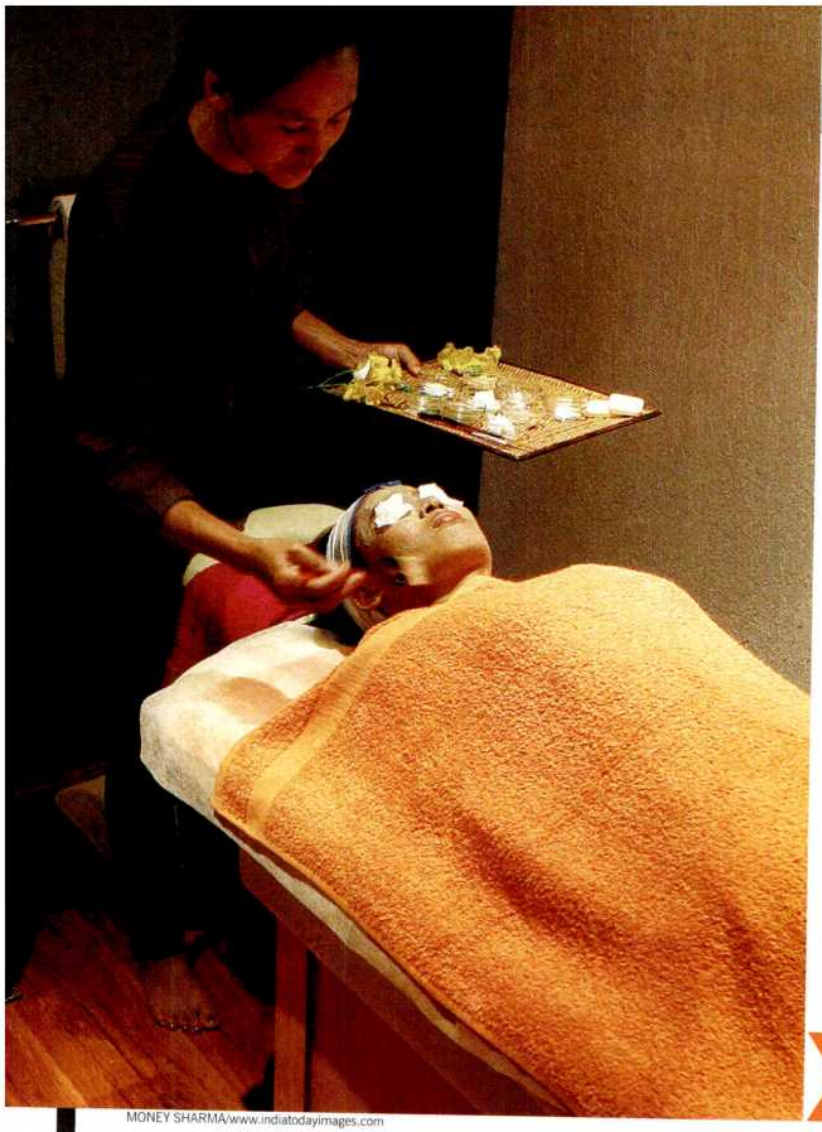
London based retailers Norton MacCullough & Locke have introduced a collection of custom-made leather goods. Ranging from card holders to iPad cases, each piece is hand-made using top quality material. Designed for both function and practicality, the collection retains the brand's aesthetic of bespoke British luxury from the 1920s. Offering a range of leathers (ostrich, crocodile, lizard skin), colours, finishes and customisation options, each piece is created to your specifications and delivered within four-eight weeks.

Price: On request

Ascent Ferrari GT

The new Ascent Ferrari GT phone is the result of another collaboration between the two luxury brands, Vertu and Ferrari. The latest generation of the Ferrari edition, this product is limited to 2011 pieces and the design is inspired by the engine housed in a *458 Italia*. Taking direct inspiration from Ferrari's iconic V8 engine, Vertu has represented its eight cylinders on the side panels which also feature the bright metal Ferrari logo and stripes. The main body of the handset is made of forged titanium with a matte black finish and hand-stitched Ferrari red and black leather.

Price: ₹5.45 lakh



MONEY SHARMA/www.indiatodayimages.com

BY SUPRIYA DRAVID

Detox detour

The Tattva Spa, just outside Delhi, is a vacation for jaded city souls

The long and bumpy drive from Delhi to the Tarudhan Valley Golf Resort just off the Gurgaon-Jaipur highway, is gruelling enough to warrant a soul vacation afterwards. So it's a good thing that the resort comes with a spa attached. If you're a weekend warrior seeking solace after the silly season, come by on a Saturday evening, put off the game for the next day and, directly after checking into one of the suites (that are 960 sq ft in size and equipped with king-sized beds, TV/DVD players and well-stacked mini bars), head to the Tattva spa where wellness expert and cosmetologist Anita Kaushal has designed packages that offer affordable yet luxe rejuvenating experiences. The spa is a unit of KAP Enterprises, which was founded by a bunch of IIM graduates. Tattva, spearheaded by Kaushal, came into the limelight as a provider of mobile-spa services in the capital in 2008. Today, it still offers spa and grooming services in the privacy of your home—think massages, manipedis and bridal packages—but has diversified by setting up and running the spa at the resort.

In early 2010, the company was invited by Tarudhan's promoters, the Silverglades group, to set up a spa in the club house. It took KAP six months to set up the 5,000-sq-ft spa which includes six therapy rooms, a yoga room, gym, steam and sauna rooms and locker rooms. The teething problems are yet to be sorted, so clients still have to deal with hot showers that are not really hot, and air-conditioning that needs to be regulated to a more body-friendly temperature.

The good news is that Tattva is open round the clock (for resort guests only) and has eight masseurs standing by to offer hot stone, *chakra* balancing, Swedish, Thai and Balinese massages and signature rituals that include massages and body wraps. There's even a golfer's massage to prep you for a game on Tarudhan's nine-hole course.

I opted for the signature Green Tea treatment, which tees off with a rejuvenating tea tree body balm massage. Poked, prodded, rubbed and kneaded, I felt like a minty clean human pie. The therapist then slathered on an antioxidant-rich green clay mask that left my skin singing. Blissed out, I head back to town on Sunday evening, feeling as one often does after a spa-cation: ready to book another one right away. ■

NITTY-GRITTIES

WHERE: Tarudhan Valley, Village Dadu, Tehsil Taru, Gurgaon. Tel: 9650798000
HOW MUCH: Massages are priced between ₹2,200 and ₹3,500 while signature rituals are priced between ₹3,500 and ₹6,000
WHEN: 10 am to 9 pm

Brand Pitt style

Delhi's Select Citywalk Mall has launched a styling service for anyone willing to shell out cash for dash. With a team of stylists helping you pick out your clothes, accessories and style, filmstar looks are assured.

BY HITANI KAUR

When it comes to shopping, even Santa needs his elves. And while retail therapy for women seems to be edging out visits to the doctor, its healing value continues to elude men. For one, the idea of spending hours—or worse, a weekend—navigating a mall packed with high-strung shoppers, is enough to turn any man comatose. And then, given the multitude of brands cluttering the malls, styles going 'out' even before you knew they were 'in', and get-ups changing with every new celebrity commercial, staying in vogue has begun to resemble a dodgeball game.

Enter Arjun Sharma. Owner of Delhi's Select Citywalk mall, the man has set up a styling team that can act not only as your personal shopper and put together a wardrobe that works for you, but also fine-tune your overall image. (They can't do anything about the paunch, though). Here's how it works. Clients looking to overhaul their look (or wardrobe) can make an appointment with Styling Services, which functions out of a small 'Style Lounge' housed in the basement of the mall.

There are three key services on offer: personal shopping, make-overs and corporate dressing, with costs ranging from ₹1,000 to ₹10,000. Gift selection help is also available, whether it's for a significant other, a child or your most lucrative client. Alternatively, you can opt for the Luxury Package, which is priced and customised as per your needs.

STYLING SERVICES OFFERS HELP WITH SHOPPING, MAKEOVERS, CORPORATE DRESSING AND GIFTS

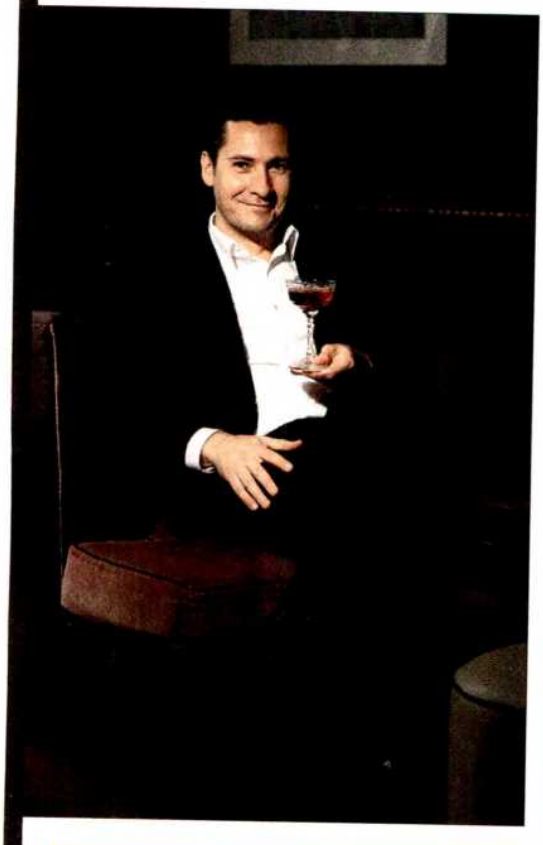
MONEY SHARMA

Apparently, Sharma thought up the idea a few months back, and asked former model Natasha Chopra to set up the service. Three months of brainstorming followed on the objective of the service and and the setting up of the team. "Thousands of people come into the mall trying to find appropriate attire for work and home. But with 165 stores to choose from, the process can get confusing. This is where we step in," says Chopra. "We keep an eye on the stock coming into every store housed in the mall. We know which brand has the best white shirt, where to go for a classic business suit or partywear as well as which hair-style gives your face the perfect frame. All the client needs to do is meet us first so that we get a sense of his style, and then we get cracking."

Styling Services at present has three members (including Chopra), each with a specific area of expertise. On D-Day, a pre-designated team member takes the client in hand and leads him through the styling process which—be warned—can take upto four hours. But at the end of it, you're left with an image makeover, clothes that suit you and a sense of what it feels to be a celebrity with a personal stylist. ■

"There are different kinds of love, but they all have the same aim. Possession."

MY STUFF



DAVID CORDOBA

Global Brand Ambassador, Bacardi Rum

FOOD AND DRINK

Beverage: Sparkling water
Spirit: Bacardi rum
Cocktail: Daiquiri
Restaurant: La Constancia, London

GROOMING

Moisturiser: La Roche-Posay
Perfume: Intense by Issey Miyake
Hairdresser: Moose (my barber in London)
Shoes: Adidas
Suit: Tailormade
Shirts: Thomas Pink

HOME ESSENTIALS

Where do I live: London
Car: I don't drive, but I would love a Mustang 1956
Water: Perrier
Tablestand book: *Soul of Asia* by Eric Lobo
Dinner set: Nothing in particular
Pets: Cats. I had six at one point
Gadget: Espresso coffee machine

GADGETS

Handheld: iPhone
Laptop: Apple Mac
Laptop bag: Apple
Watch: Nixon
Stereo: Bang & Olufsen

MEDIA

Daily paper: The Metro in London
TV News: BBC News
Magazines: Men's Health
Websites: www.facebook.com, www.liqurious.com

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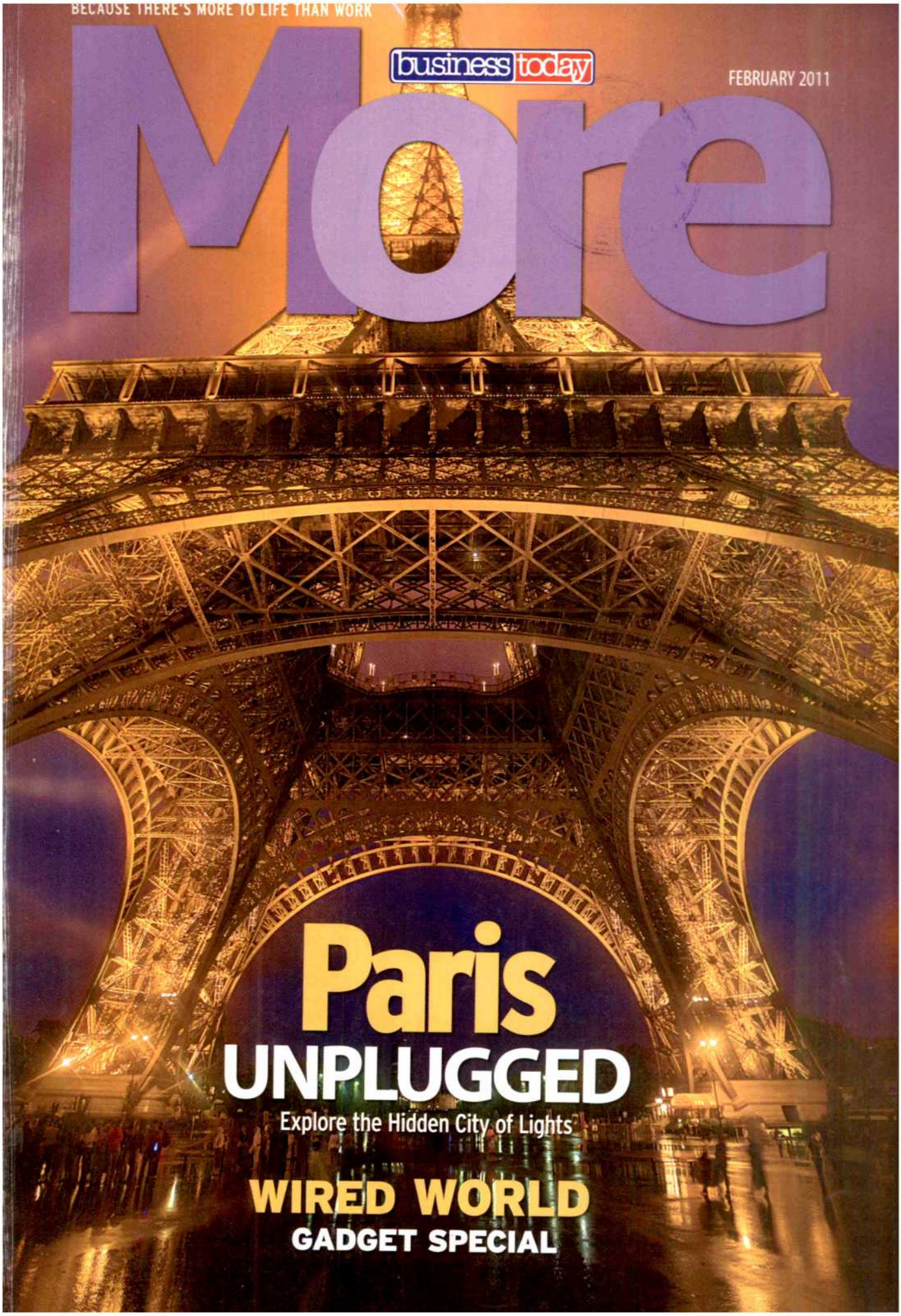

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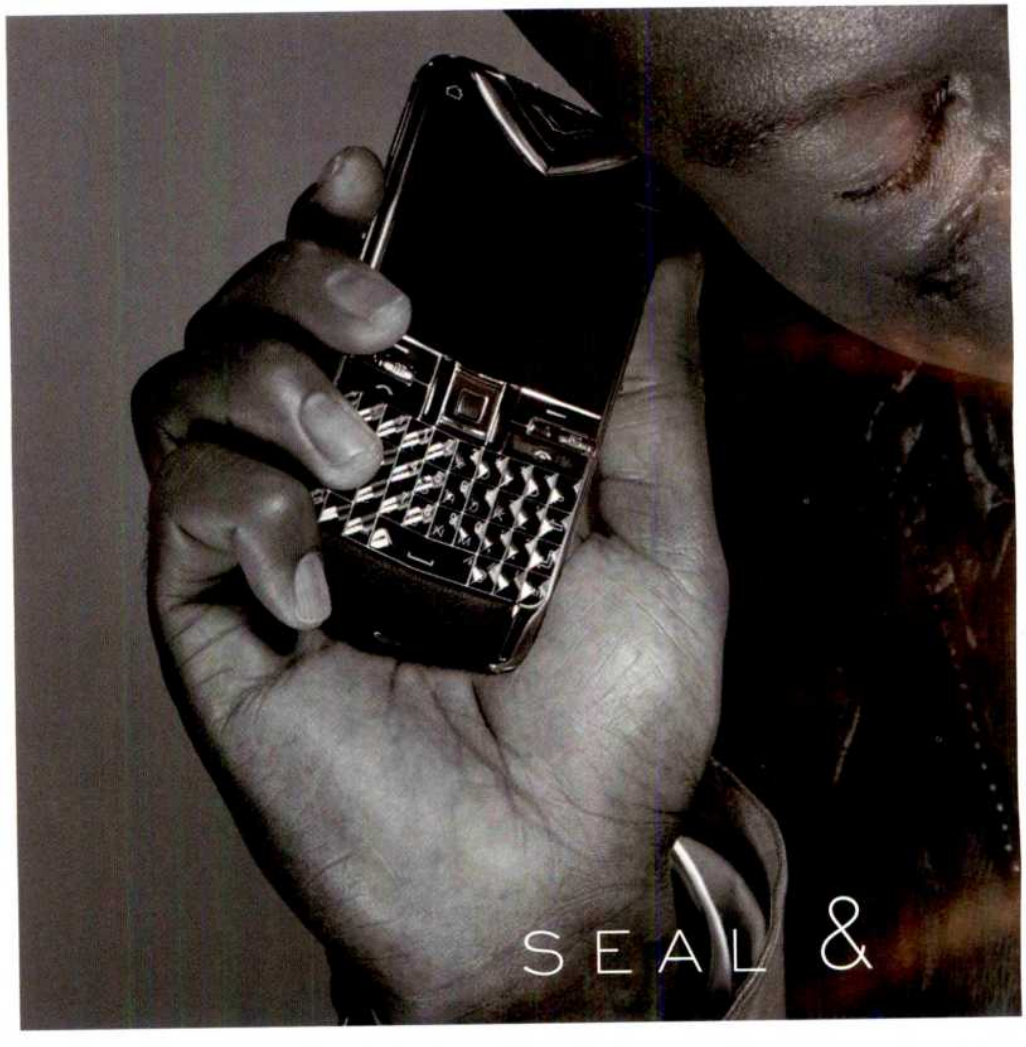
GADGET SPECIAL



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THE INDIA TODAY GROUP

Volume 5 Number 2; February, 2011
yright Living Media India Ltd. All rights reserved
oughout the world. Reproduction in any manner
is prohibited.
Printed and published by Malcolm D. Mistry on
alf of Living Media India Ltd. Printed at Thomson
ss India Ltd., 18-35 Milestone, Delhi Mathura Road,
dabad-121007, (Haryana); A-9, Industrial Complex,
araimalai Nagar, District Kancheepuram-603209,
(Tamil Nadu); and at Plot No. 5-5A, TTC Industrial
Area, Thane, Belapur Road, Airoli, Navi Mumbai-
708, (Maharashtra). Published at K-9, Connaught
Circus, New Delhi-110001.
India Today does not take responsibility for
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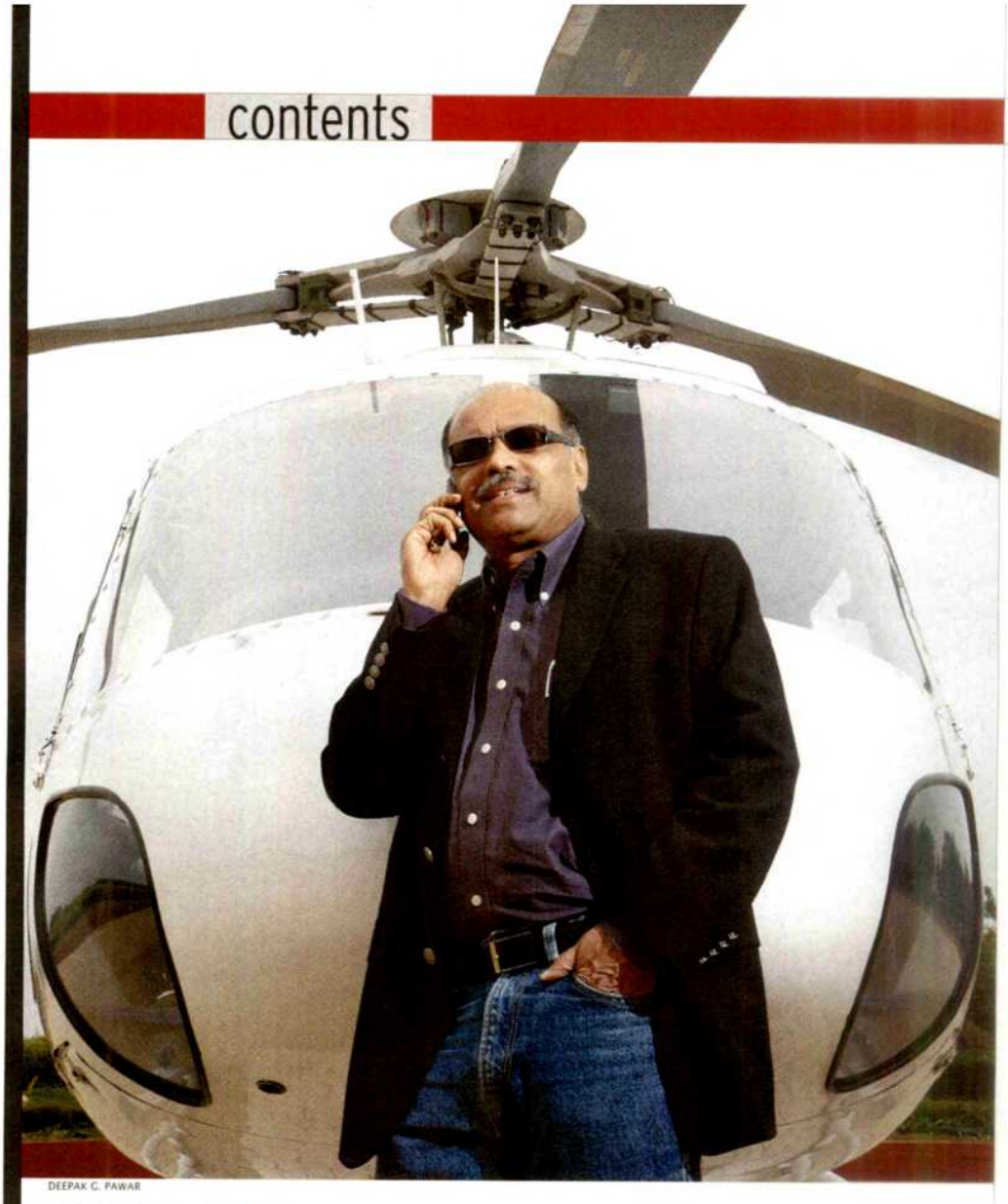
contents



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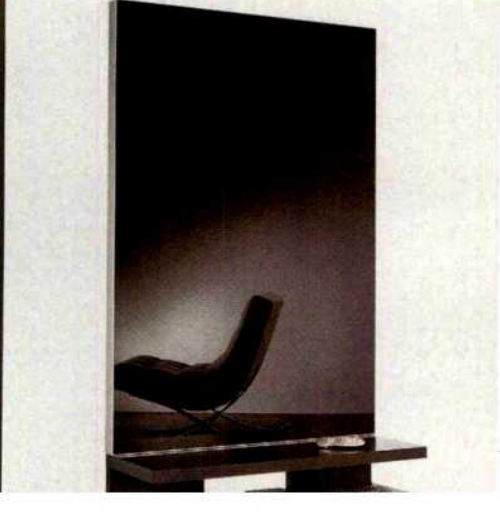

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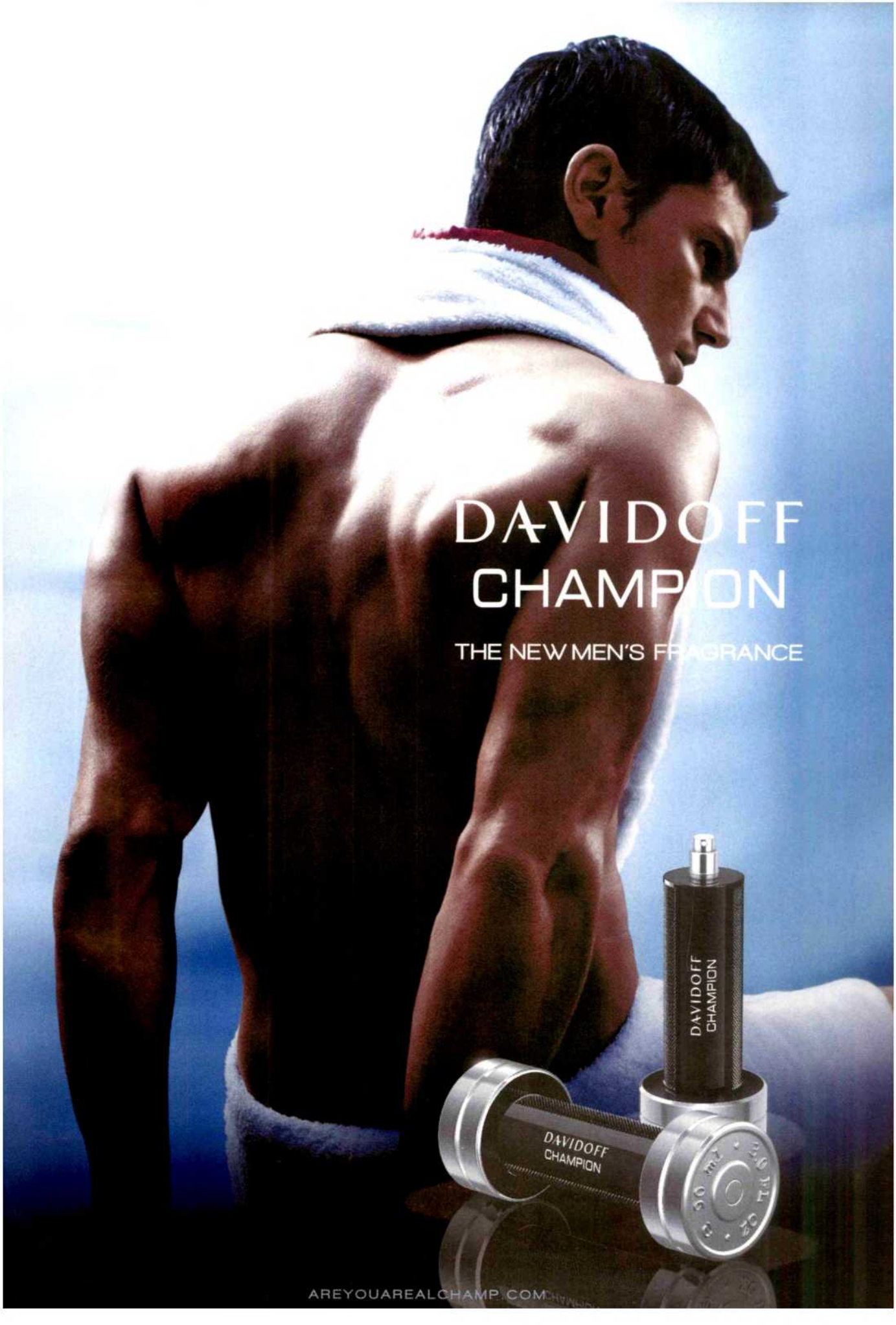
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MANUAL

Do it yourself guide

Know Your Shoes

To look effortlessly cool, you need to know the most iconic footwear of our times

BOAT SHOES

Sailor Paul Sperry created this shoe in 1935, to avoid slipping on a boat deck. That basic usefulness still inspires the design with the rubber sole grooves providing a sturdy grip. Today, they are the elegant symbol of yachts, martinis and the good life.

Best Look: Polo shirts and chinos work very well. Wear them with shorts for a casual look. Whatever you do, never wear them with socks.

Brands: Gucci, Lacoste, Zegna.

WING-TIP SHOES

Originating in Scotland, the wing-tips began life as a useful variation on the classic oxfords. The holes pierced on toe caps and along the edges in a technique called broguing allow water to pass through them without much damage. They are popularly referred to as brogues.

Best Look: With a suit or with a jacket and jeans.

Brands: Emporio Armani; Burberry.

CHELSEA BOOTS

A holdover from the Victorian Era, the iconic tight-fitting, ankle-high boot had its origin in riding. The elastic sides make them easy to slip in and out of. Chelsea boots (and its cousin the Cuban-heeled boots) have been a perennial style statement ever since The Beatles popularised them in the 60's.

Best Look: They look best with slim mod styles of cropped trousers and jackets.

Brands: Dr Martens, Tod's, Timberland.

CONVERSE SHOES

Created by Marquis Converse in 1908, these became immensely popular when the All Star athlete's version launched in 1917. However, the converse came into its own when it became Punk rock's footwear of choice. Today it's the ultimate shorthand for cool.

Best Look: Nothing looks as good with a pair of Converse as jeans and a t-shirt.

Brands: Converse All Stars, Levi's.

Tipping Point

Too much or too less? **Shital Kakkar Mehra** of Soft Skills International helps you deal with the most common dilemma of customers–tipping.

• **At the Airport:** It is suitable to pay taxi drivers and porters ₹10 to ₹15 per bag, unless it's a fixed charge. If you rent a car for a day, tip the driver ₹75 to ₹100 per day, depending on the distance travelled and his helpfulness.

• **At a hotel:** Depending on the size and weight of the bag, pay the bell-boy a minimum of ₹20 per bag. In case there isn't any service charge, the room service staff can be tipped 8-10 per cent of the bill. Keep a margin of ₹15 to ₹50 for the valet parking, depending on the establishment and the car.

• **At a restaurant:** In case there isn't any service charge, pay the wait staff about 10 per cent of the bill and 15 per cent in case of exceptional service or if you are a large group of eight or more people. If you order multiple bottles of wine, and if the sommelier is extremely helpful, a 5 per cent of the wine charge can be tipped. The bartender deserves 10 per cent to 15 per cent, depending on the order. In case the food is bad, talk to the manager but do reward the waiters. However, if the service is rude and spoils your mood, no matter how good the food, leave no tip!

• **At a salon:** While it's advisable to leave a 10 per cent of your bill at a low budget salon, at an upscale one, you can leave a 15 per cent. Also, do tip a small amount to the staff that shampoos your hair and brings you coffee and magazines.

RIDE A MOUNTAIN BIKE

Biking up the hills doesn't look easy because its not. Mountain biking expert **Vaibhav Nijhowne** offers advice that can come in handy for your next adventure holiday.

Choose the right bike: Your choice depends on the kind of terrain and riding you choose to do. An XC Hardtails is a basic mountain bike which suits most people, and is good for climbing. Going downhill, a dual suspension bike's front and rear suspension lends a good grip in rough trails and is also ideal for jumps. For a mild mountain bike traverse, hybrid bikes make for a great, versatile choice.

Stock-up well: Carry a kit including rehydration salts, gloves, body warmers, energy bars, and a puncture kit.

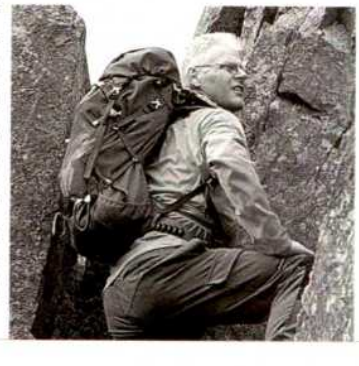
Exercise right: It is essential to warm up and cool down before and after the ride, to avoid cramps. This entails stretching exercises for your relevant muscles like quads, hamstrings, calves, shoulders, back, and neck.

Riding basics: You must maintain balance by distributing your weight at the contact points between your body and the cycle: the handlebar, saddle and most importantly, the pedals.

Follow the track that avoids most of the tougher obstacles and allow your cycle to move in a smooth flow without breaking your momentum. Low (light) gears are used on climbs and rough terrain where you cannot power down on your pedals to get through. Alternatively, high (heavy) gears are used on flat ground, when you need speed.

CHOOSE THE RIGHT RUCKSACK

Renowned mountaineer and gear manufacturer **Sudeb Hazra** knows a thing or two about rucksacks that you should know too. Always go for a sack that holds at least 50 litres as you ought to carry enough provisions to be self-sufficient. Apart from the make, which should use a durable waterproof material and quality stitching, go for rucksacks with an adjustable back-length. This means getting a sack with a outer spine along which you can slide the shoulder harness for the perfect balance. One size never fits all, so get one custom-made to your body-type.



Delicious Macaroons

Chef **Christian Faure**, pastry instructor and director of operations at Le Cordon Bleu tells you how to craft perfect macaroons.

Ingredients:

85 g ground almonds
150 g powdered (icing) sugar
75 g egg whites
15 g sugar

Cream Filling:

150 g butter, softened
200 g raw almond paste

Method:

1. Whip egg whites to soft peaks. Then, add the powdered sugar and whip to stiff, glossy peaks. Gently fold the dry ingredients and the flavouring into the whisked egg whites, adding the dry ingredients a third at a time.

2. Carefully fill the mixture in a pastry bag and pipe 2 cm mounds on parchment paper. Bake in an oven preheated to 160 degree celcius until golden and well risen.

3. Remove from oven and drizzle a little water between the hot baking sheet and the parchment paper so that the steam helps release the macaroons. Cool completely before removing the macaroons from the paper.

4. For the filling, beat the softened butter into the raw almond paste and flavour with vanilla or raspberry. Sandwich the two macaroons together with this filling.

WORKOUT FOR THE THUNDER THIGHS

Bhavna M Harchandrai, group fitness instructor at the Taj Wellington Mews and Gold's Gym identifies some multi-dimensional moves that target the inner and outer thighs, quadriceps and hamstrings.

Side lunge with a twist

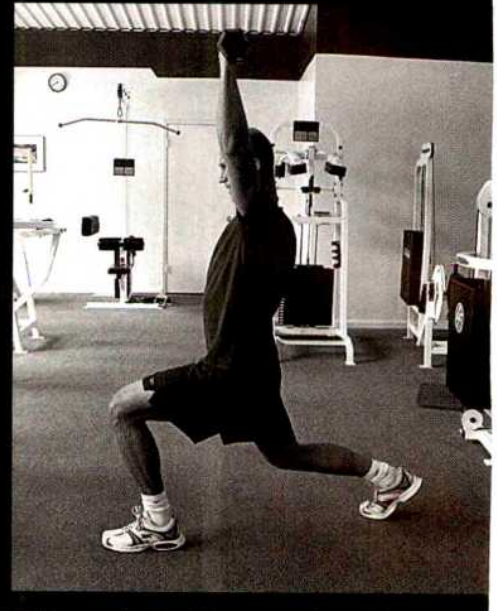
• Stand with the right leg in a side lunge position, knees soft, hands to chest, palms facing down.
• Pull the right leg in towards the left shoulder, turning the arms in the opposite direction whilst twisting the torso. Do 10-15 times then switch legs.

Roundhouse kicks

• Stand at an arms length behind the back of a chair, knees soft, shoulders back, fists under the chin.
• Raise the right leg and draw an arc with the right foot kicking over the backrest from left to right. Switch legs and repeat.

Chair pose with a back lunge

• Stand with legs apart (this should be about shoulder-width) placing your hands on you waist.
• Keep your knees over ankles, and your head, neck and spine in one line and sit back into a squat.
• Come back to start. Now step back into a right leg lunge, keeping the front knee over the ankle.
• Return to starting position and repeat 15 times, switching legs as you lunge back.



The Brighter Side of Rock Bottom

A piece of sea salt hollowed out to make space for a light bulb: this is just the unique addition your home needed. Take a piece of sea salt; carve the stone in the shape of your choice, but leaving an uneven random shape will retain its natural beauty. Once you're done carving, wash the stones clean, as this will make it easier for the light to pass through. Drill half way through the inside of the salt and place the light bulb. In case the lighting is too dim for your liking, throw in a bunch of these in a wrought iron basket and plug them in. Once lit, the sea salts also help cleanse the air of impurities. A great blend of form and function.

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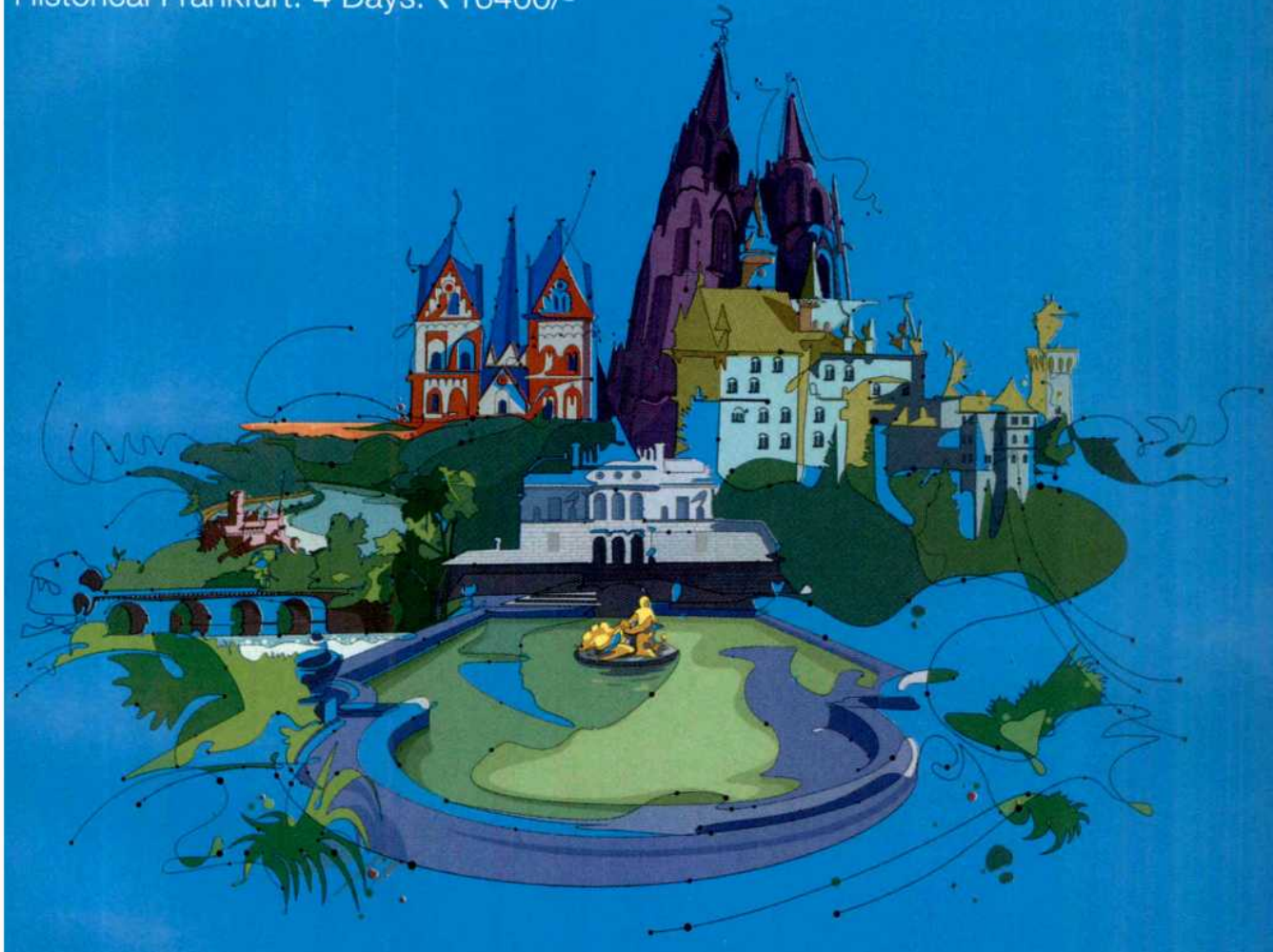

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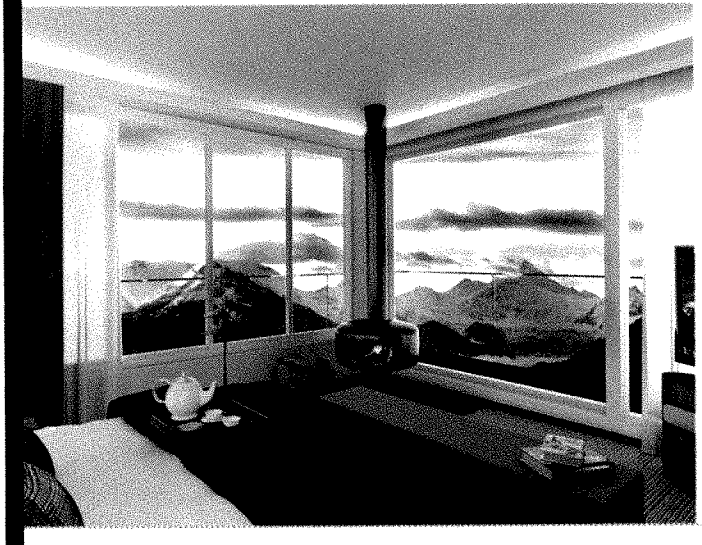
Swiss Style

Fresh from a multi million dollar renovation, Switzerland's Crans Ambassador in the heart of the Alps is worth a look

A Swiss holiday could mean hitting the splendid slopes on a pair of skiis or just gazing at the Alps from inside a snug room while sipping hot cocoa. Whatever your plan, the new look Ambassador Hotel at the Crans-Montana ski resort, tucked away in western Switzerland, will tick most of the boxes. The five-star sport hotel has re-emerged after an extensive refurbishment that took about two years and cost a few million Euros. This particular luxury resort is what

one would call a ski-in/ski-out, where the skiing begins from right outside the hotel. Ideally located in close proximity to some 85 miles of alpine ski trails, there is also a cable car service available in the area. The heated indoor swimming pool, sauna and spa provide relief after a hard day spent outdoor. You could either curl up by the fire and enjoy breathtaking views of the peaks of Mont Blanc and the Matterhorn or hang out at the in-house casino and cinema . The hotel is yet another reason for you to visit Switzerland. Price: From $500 (₹22,721). Website: www.cransambassador.com



Arty Fact

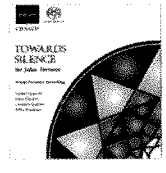
When French electr cian Pierre Le Guennec was installing burglar alarms in Pablo Picasso's house in the early 70s, it seems he charged him the earth. Now 71, the resident of Côte d'Azur in South France claims he was g ed a total of 271 works b the artist. Valued by experts at €60 million, th collection includes cubi collages and portraits c Picasso's first wife Olga The painter's family ha rebuffed the pensioner' claim on the grounds th the the collection didn't contain any signature c inscription, an obvious mark of any gifted work Whether the collection was gifted or stolen, the art world will celebrate this treasure-trove of n works by the master.

CRAFT YOUR CAR

An interesting evolution in the auto world, Bugatti's new online configurator for their Veyron model enables you to colour code and design everything from the logo on the centre console, to the grille design, the wheel pattern and leather for the interior trim. Just log on to their website, do the designing, share a pdf file of your design with the dealer, and you're sorted.

The BT More Playlist

NEW RELEASES



John Taverner, Towards Silence Britain's finest classical composer comes out with a haunting soundscape that muses on spirituality and death.

These New Puritans, Hidden The artful Brit quartet surprise with their second album, not only full of electronics and atmosphere, but also great beats.

The Black Eyed Pea: The Begir The Peas' ity to uner ingly dole the hits w every albu continues this, their album. Ex to hear th songs in e club and everywhe

License To Kill

Of the many things that embed James Bond in the popular imagination, one is the unerring ability of the film franchise to come out with iconic images of the spy. Bond's insouciant charm has always evinced awe and Christie's *Popular Culture: Film and Entertainment Sale* in London re affirmed his standing in the pop world. The auction witnessed an anonymous bidder paying a whopping $437,000 (₹1.9 crore) for the Walther pistol wielded by Sean Connery as Bond in 1963. Interestingly, the gun was used in the publicity shots of the movie *From Russia With Love* when a crew member forgot to get the actual Walther PPK Semi Automatic and borrowed one from the photographer for the shot. The image burned itself in the popular consciousness, and was subsequently seen in every promotional poster up till 1967's *You Only Live Twice*. With the price approximately 14 times more than the estimated $32,000 (₹14.5 lakh), it has set a world record for a Bond gun. If a simple air gun can kick up such a fuss, we understand why for Bond the world is never enough.

I Am Kloot, Sky At Night The Manchester band deliver their breakthrough album with these tunes of loss and love, married to melody and beauty.

Dave Brubeck, Legacy Of A Legend The best box-set retrospective of the Jazz master's oeuvre, captures the perennially cool Brubeck's best.

6 Things To Do This Month

1

WORLD RACING CHAMPIONSHIP: Hosting this year's only snow rally, Sweden offers an opportunity to enjoy the enthralling sight of drivers speeding up to 130 mph, on sheet ice and snow. Besides the campfires, the heat of excitement on these frozen lakes will bring alive the thousands who gather for the race. Catch the action at Karlstad City in central Sweden from February 10 to 13.
Website: www.rallysweden.com

2

SOUTH BEACH FOOD AND WINE FESTIVAL: This international exhibition for food celebrates fresh produce, from fish and meats to dairy products. Florida's five-day beach side culinary extravaganza will feature presentations by world renowned chefs and spirit companies. To be held at Florida International University's Biscayne Bay campus from February 24 to 27.
Website: www.sobewineandfoodfest.com

3

KALA GHODA ART FESTIVAL: This vibrant street festival is a free of cost event that promotes the spirit of community art through its various exhibitions as well as music, dance and theatre performances. To be held at the Kala Ghoda Arts Precinct in Mumbai's Fort from February 5 to 13.
Website: www.kalaghodaassociation.com

4

JAISALMER DESERT FESTIVAL: Rajasthan's folk culture comes alive amidst music recitals, traditional gymnastics, mystical snake charming acts and traditional puppet shows. Besides these, competitions like turban tying and camel polo attract thousands of tourists to the Jaisalmer fort. To be held from February 16 to 18.
Website:www.rajasthantravelguide.com

5

KHAJURAHO DANCE FESTIVAL: Classical dancers of India breathe life into the stone carvings of Khajuraho's Chitragupta and Vishwanath temples in a dazzling celebration of the arts. The seven-day fest commences on February 25th.
Website: www.festivalsofindia.com

6

NEW YORK FASHION WEEK: The Big Apple turns into a fashion fiesta when top designers showcase their Fall/Winter collection in over 250 fashion events held all over the city. So be at the Lincoln Centre for a heady fashion fix from February 10 to 17.
Website: www.nycfashioninfo.com

Ferrari Cam

Whether you're getting behind the wheel or the lens, the thrill of adventure is insatiable. Taking care of the latter, Ferrari has collaborated with Hasselblad (Swedish manufacturers of photographic equipment) to bring out a H4D Limited Edition camera. Ideal for adventure clicking, the camera features an 80 mm lens and a 31 megapixel sensor along with a True Focus feature which compensates for shifting your camera and keeps the subjects in clear view. Set in Ferrari's custom shade 'Rosso Fuoco' with the Racing Shield symbol, this medium format camera is priced at €21,499 (₹12.7 lakh). Now that's a hot-shot!

Cruise In Style

If you're a sea buff, you won't need any persuasion to holiday in the South Pacific. If you have a million dollars to spare, then you can do it in style. For that modest amount, you can charter Italian Shipyard Perini Navi's luxury yacht for a month. A convenient pad for water sports, this 50-meter motor yacht boasts a 16.4 ft amphibious vehicle, a Hov Pod 12 ft hovercraft, two electric land scooters, a Seabob and a Sea-Doo RXT 250 jet ski. The interiors of the yacht are done up in oak, teak and marble and feature one master and twin cabins, besides sun pads, chaise lounges and an accessorised Jacuzzi. With a range of 5,500 nautical miles at 12 knots, the yatch will take you around in speed and style.!

Back To The Future

Keeping with the Japanese spirit of integrating heritage and technology, is the company Takayanagi's first commercial single seater electric roadster, the Miluira Retro EV. With the looks of a 1920s automotive, this 350 kg tech toy is powered by lead acid batteries, making it more fuel efficient. The batteries work just fine with a 12-hour charging period on a regular household outlet and gives a range of 22 miles with a top speed of 37 mph, making it suitable only for leisure rides. A tad different from its counterparts like Nissan's Leaf and the Chevrolet Volt, the concept car is exorbitantly priced at ¥6.3 million (₹34.5 lakh). In all, it's great for those looking to show off a vintage car around their obviously posh neighbourhood.

Sounds Like You Know About VALENTINE'S DAY

The lovey-dovey time of the year is on us, so here's what you need to know about Valentine's Day:

1. This day started as a Christian festival way back in 500 AD when the Pope Gelasius I named the day to be celebrated in the memory of early martyrs

2. Legend has it that the original St Valentine was from Rome, but it also refers to Valentine of Terni—both of whom were martyred in the turn of first century AD

3. The modern tradition of celebrating Valentine's Day as a day for romance can be traced back to the 14th century when all manners of romantic legends sprang up about a mythical Saint Valentine

4. The romantic roots of this day lie even further back in pre-Christian times when the festival of Lupercalia would celebrate fertility and love in ancient Greece and Rome focusing on the mystical marriage between Zeus and Hera. This nature of the festival remained the same afterwards.

5. In 1797, a British publisher came up with a tract of romantic sayings and poems for the inept lover. This lead to the tradition of memorial cards and later, gifts.

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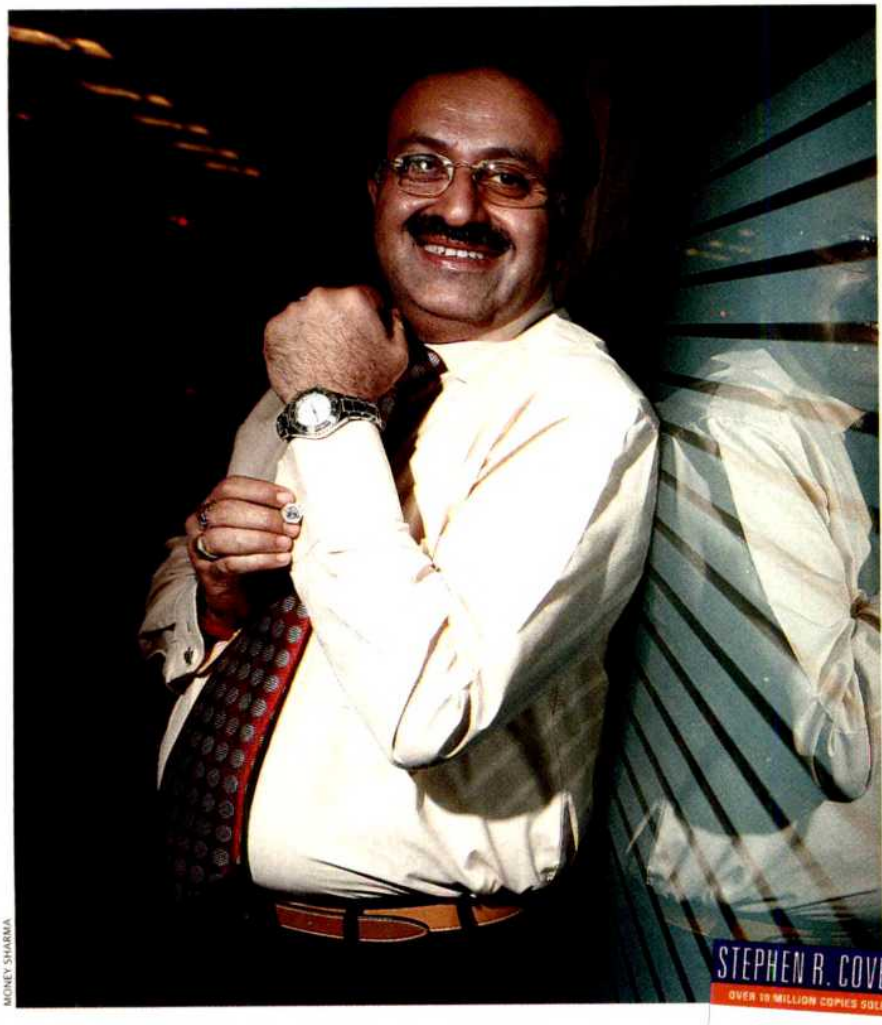
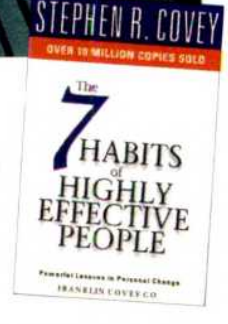
BOOKS THAT SHAPED MY LIFE

ALOK BHARADWAJ, SENIOR VP, CANON INDIA talks about the books that have made him what he is today



MONEY SHARMA



The 7 Habits of Highly Effective people

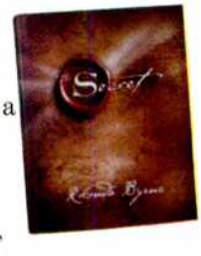
by Stephen Covey

Three habits I liked the most from the book and practice more often are to be proactive, start with the end in mind, and seek to understand others before expecting to be understood

The Secret

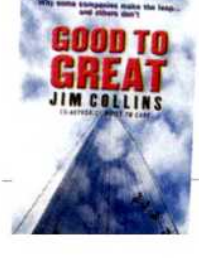
by Rhonda Byrne

This book has helped shape my abilities to draw happiness and satisfaction on whatever I have accomplished



Good to Great *by Jim Collins*

You can put its learnings to any test and it emerges as a formula for enduring success for organisations



You Can Win *by Shiv Khera*

A good checklist on how to build positive relationships, and a peek into what is behind enigmatic personalities

THE RIGHT CUT

Till a little while ago, the marriage of complementary opposites was just ancient philosophy. Today it has more extravagant interpretations. As a proof of this, the Steinmetz Diamond Group recently crafted their Yin-Yang diamond earrings which weigh 35.61 and 35.77 carats respectively. Holding the record of the world's largest pair of round-cut diamonds which are Type IIa (reserved for less than 2 per cent of diamonds in the world), these are valued in excess of $25 million and will be available for sale through the Sotheby Auction House.

FOOT LIGHT

Inspired by the visual effects of Disney's latest 3D flick *Tron Legacy*, Puerto Rican designer Edmundo Castillo has crafted sandals that boast of blue LED lighting. Made from the electro-luminescent lamp materials used in the costumes worn in the film, the neon lights on the sandals light up once the attached thread cable is plugged in. It's available in silver metallic calfskin, black calfskin or in multi coloured tangerine with blue calfskin. Step up! Price: $1,650(₹74,330).

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The Shahzada, a three-quarter length miniature portrait of Prince Jawan Bakht by Ozias Humphry (c. 1749-1788)

MINIATURE MARVELS

Unique, personal and intriguing; miniature paintings of the royals have always been great art, and now they form the cornerstone of any great art collection

BY JENNIFER TONKIN AND ANDREW CURRIE

There is something appealingly modest about miniature portraits. Small, intimate, they are often painted as keepsakes for a loved one. When it comes to royal miniatures the contrast between the grand and small scale is even more marked. Royalty, of course, has always used elaborate portraits to project power and position to their subjects at large; the iconic Holbein portrait of Henry VIII, for example, shows a king bestriding the world, confident and in charge—not a man to be crossed.

For anyone interested in history, royal miniatures are fascinating objects as they often give a glimpse of the private person behind the public persona. It is not surprising, therefore, that within the world of miniature collecting, a distinct market in royal miniatures has developed, giving people an opportunity to own items that held personal significance for some of the great figures of the past.

As in any collecting field, rarity and quality are the keys to value. Some royal miniatures are considered more desirable and valuable than others. The same miniature, for example, might be known in many variants; similarly formal portraits in a miniature form, executed perhaps as diplomatic gifts, have less appeal than more intimate works intended for personal use.

An air of mystery also enhances a work's appeal. The absence of absolute documentary evidence about why a miniature was commissioned not only adds to the pleasure of ownership—it can on occasion increase its value as well.

Now and again a royal miniature comes along which combines all of these factors: rarity, quality and mystery. A good example of this was the pair of miniatures in The Merchiston Collection sale at Bonhams in 2009 of Queen Elizabeth I and Robert Dudley, Earl of Leicester, by Nicholas Hilliard. They were painted in 1575—a key period in the tantalising relationship between Elizabeth and Dudley, when he made his last attempt to capture the Queen's heart by staging a nineteen-day extravaganza in her honour at Kenilworth Castle.

While there are at least two other versions of the Dudley portrait dating from about the same time, the portrait of Elizabeth had everything a serious collector of rare royal miniatures could want. First, there's no other portrait of the Queen like it. The image shows a veiled Elizabeth, in a simple black dress with little adornment—a stark contrast to her official portraits which stress her majesty and the detachment of the 'Virgin Queen'. Second, it was of very high quality. Nicholas Hilliard was not only the foremost miniaturist of his day, he was also one of the greatest ever masters of the genre. Finally, the fact that we do not know for certain which of the two sitters commissioned the pair adds to the mystery and fascination surrounding them. Despite their tiny height of only 19mm (3/4 inches), the pair was sold for a whopping £72,000 (₹50.56 lakh) at Bonhams.

It is worth considering this work, with its exceptional appeal, alongside another portrait of Elizabeth I by Hilliard auctioned at Bonhams in November 2010. It is a circular portrait on vellum, but unlike the Merchiston portrait, the Queen is depicted in all her regalia, wearing a black figured dress studded with jewels, a fine lace ruff and sapphires embedded in her tightly curled red hair. This more formal painting may well have had an official purpose—perhaps as a gift to an ambassador—and it follows the same pattern that is used by Hilliard in other portraits of Elizabeth. These factors are reflected in the selling price of £40,800 (₹28.65 lakh)—considerably lower than that achieved for the unique, more intimate work.

Royal miniatures of a very different sort formed part of the Albion Collection. Auctioned by Bonhams in 2004, they illustrate another aspect of these delicate art forms. The date on the reverse of the miniatures of Empress Maria Feodorovna of Russia and her six children, painted by the Swiss ex-patriate Henri Francois Viollier indicates that they were commissioned by her husband, Emperor Paul I before he ascended the Russian throne in 1796.

The miniatures' appeal lies in the skill of Henri Viollier, who perfectly captured the warmth of the relationship between the siblings and their mother. The piece also has historical significance. Paul was to rule for only four years before being assassinated in 1801 and two of the children, Alexander and Nicholas, went on to become Tsars in their turn. A third, Constantin, turned down the throne. This charming scene, therefore, is in poignant contrast to the troubles which were to beset the family in the near future. The group of portraits sold for £66,000 (₹46.35 lakh), reflecting both their quality as works of art and their collective historic importance.

Clockwise from top-right: Miniatures of George IV, as Prince of Wales; Mrs Fitzherbert; Dauphin of France; Empress Maria Feodorovna with her six children; Prince Charles Edward Stuart

The identity of the sitter in royal miniatures can make a significant difference to the value, as observed at a recent Bonhams auction. It was a French school portrait of a small boy clutching the sash and medal of the Order of St John of Jerusalem. A handwritten in-

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Portraits of Queen Elizabeth I (right) and Robert Dudley, Earl of Leicester, by 16th century miniature artist Nicholas Hilliard

scription on the reverse indicated it may have been the Dauphin, Louis Joseph Xavier François, son of Louis XVI and Marie Antoinette. However, the Order the sitter holds suggested that he was actually the Dauphin's cousin, Louis Antoine de Bourbon, Duc d'Angoulême, who was the last Dauphin of France and became king for all of 20 minutes before abdicating. He is known to have been awarded the Order when a baby.

In the event, the puzzle remained unsolved mainly because the sitter in the portrait has brown eyes and Louis Antoine is always depicted with blue eyes. As a result the miniature was simply catalogued as, 'A Noblechild' and sold for £10,000 (₹6.95 lakh). Had the identity of the child been confirmed as Louis Antoine, the miniature would almost certainly have fetched a higher figure. Had his cousin, Louis Joseph, been the only possible sitter, the price is likely to have soared. Louis Joseph died of a fever in 1789 when only seven, and for this reason there are hardly any portraits of him. Those that survive are very rare and highly sought after. Hence, in this case identity was absolutely vital.

The depiction of rulers in miniatures is not confined to Europe. Miniature Painting in India too, is a centuries-old tradition. Some of the earliest works exist in the form of illustrations to the religious texts on Buddhism executed under the Pala Period (750 A.D. to the middle of the 12th century A.D.) in eastern India, as well as in the Jain texts executed in western India during the 11th and 12th centuries A.D.

THERE'S A GROWING INTEREST IN MINIATURES OF INDIAN RULERS, PAINTED BY EUROPEAN ARTISTS IN THE 18TH AND 19TH CENTURIES

Currently, there's a growing interest in miniatures of Indian rulers—many of which were painted by European artists in the 18th and 19th centuries. The work of the miniaturist Ozias Humphry illustrates this trend. Humphry painted many prominent Indian potentates in the last quarter of the 18th century including that of Hasan Reza Khan and Haidar Beg Khan (ministers to the Nawab Vizier of Oudh, circa 1784), and Prince Jawan Bakht, the son of the last Mughal Bahadur Shah II. His work, and those of his fellow artists who flocked to India to meet the then increasing demand for western-style portraits, is now attracting the attention of collectors who are willing to pay good prices to secure an insight into a world which has long vanished. A portrait of Prince Bakht sold at Bonhams in 2006 for £13,000 (₹9.04 lakh).

Collecting miniatures is a passion like any other. Its fascination arises from an awe of the skill of the artist and the historical events associated with it. As with collecting of any nature, there is also the thrill of the hunt that is no different when it comes to these miniature marvels. And the overwhelming public response at the recent Bonhams auction only proved that this is still a most sought after area of collecting. ■

Advertisement

Best things to do in South Africa

• Go on a Big Five Safari

See the Big Five in their natural habitat at one of South Africa's many game reserves, from the world renowned Kruger National Park, to the award winning Shamwari Game Reserve, to the sprawling Addo Elephant Park. This is an unforgettable experience, and there are options to suit all budgets.

• Enjoy a sunset on Table Mountain

There is no denying Table Mountain is spectacular. Situated in the heart of Cape Town, this breathtaking mountain has so much to offer. Hike up, or take the rotating cable car, and enjoy the amazing scenery and stunning views. Enjoy a romantic sunset while sipping champagne at the Cafe located on top of the mountain.

• Taste delicious South African Wine

South Africa has received international acclaim for their superb wine and beautiful estates. The picturesque towns of Stellenbosch, Franschhoek, and Robertson are situated close to Cape Town, and are surrounded by lush vineyards and luxurious estates. Enjoy a wine tasting and tour or festival while in these charming towns.

• Surfing in SA

The South African coastline is defined by a series of points and bays, technically logarithmic spiral beaches, because of their mathematically determined shapes. What you may also know is that the quality of the surf depends on the size of the swell and the direction of the wind. For that latter reason, the Cape Peninsula (with Cape Town at its northern end) is pretty much a 360 degrees, 365 days a year ride.

• Bungee jump at the World's Highest Bungee

Certainly not for the faint hearted, the Bungee Jump at Bloukrans Bridge, situated close to Plettenberg Bay in the Western Cape, is an adrenalin junkie's dream. This is the world's Highest Commercial Bungee Jump at 216m!

• Experience the thrill of swimming with Great White Sharks

South Africa is famous for its Shark-Cage Diving. Get up close and personal with one of nature's most feared predators, the Great White Shark. Winter is an ideal time for Shark Cage Diving in South Africa however this adventure can be enjoyed year round.

• Enjoy a Memorable Beach Horse Ride

Horse riding on the beaches of South Africa is a truly special memory. Hear the waves crash while on a Beach Ride along Cape Town's beautiful Noordhoek Beach, or along Sardinia Bay in Port Elizabeth, or gallop along the endless stretch of beach in Jeffrey's Bay.

• Ride an Ostrich

For a unique wildlife encounter ride an Ostrich in Oudtshoorn in the Karoo, famous for its large ostrich population. Many of the Ostrich Show Farms allow you to ride these beautiful birds, cuddle the chicks or hand feed an ostrich which creates unforgettable and fun memories.

• Relax on Spa-fari

As a luxury tourist destination, South Africa excels at pampering its guests. Many of the small game lodges and hotels offer spa treatments, often in glorious outdoor settings.

• Swim with Penguins

Swimming with penguins at Boulders Beach on the Cape Peninsula, near Cape Town, is a real thrill. A small public beach is set apart from the main penguin colony that resides here, but that doesn't stop the penguins from sitting on your beach towel or darting around your legs while you take a refreshing dip in the Ocean.

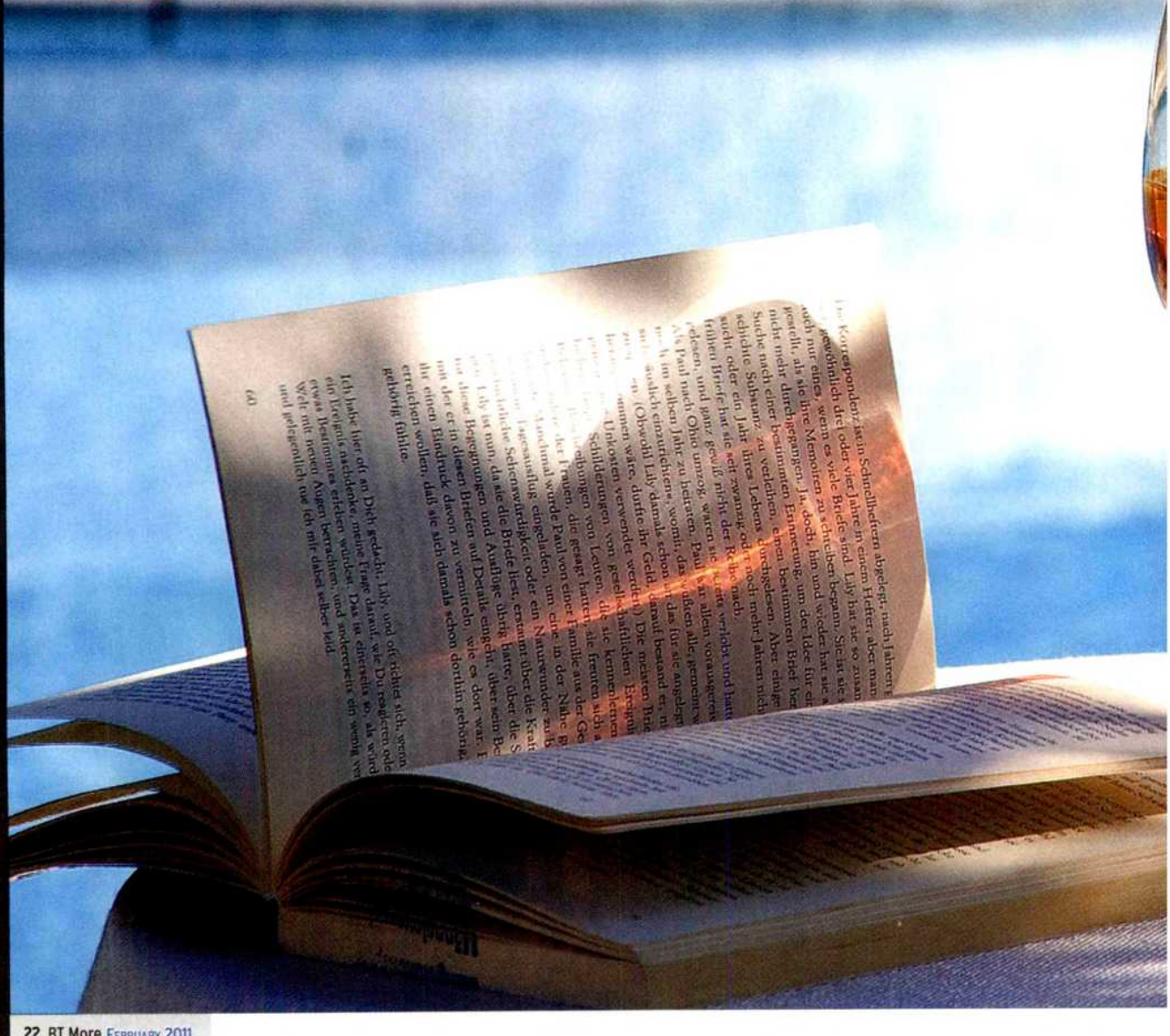
• Ride a Luxury Train

There are several excellent luxury train rides you can take in South Africa. The most famous is the Blue Train which has scheduled services between Cape Town and Pretoria capturing a spectacular scenery.

Rovos Rail operates a very luxurious railway line and offers trips within South Africa as well as up to the Victoria Falls. Vintage wood-paneled carriages are pulled by a variety of locomotives including steam.

CHAMPAGNE COCKTAILS

The festive Champagne punch is the best way to grace any occasion with splendour. Here are some sparkling-cocktail recipes that will surely add a warm spark to your parties.



BY JOANNE CAMAS

"Come quickly, I'm drinking the stars!" exclaimed Dom Pérignon in 1693, upon his first sip of what we now know as champagne. More than three hundred years later our romance with the bubbles continues. "Nothing really says celebration like hearing that cork pop, seeing the bubbles flow into a flute, and feeling them on the palate," says Kim Haasarud, author of *101 Champagne Cocktails*, and founder of Liquid Architecture, a beverage consultancy. But while champagne, or more generally, sparkling wine is undoubtedly an endearing classic, today's fascination with cocktails has spurred innovation and experimentation. "Cocktails, like food, is a culinary experience," says Haasarud. "It is about combining ingredients to create a buzz on the palate and entice all the senses with a combination of flavours, textures, aromas, and garnishes." The popularity of champagne cocktails is bubbling over because "one can have a cocktail made with the sparkling wine and yet pay less for it than for a whole glass of straight bubbly."

Haasarud's go-to champagne cocktail is an Aperol Spritzer, which has about 3/4 of an ounce of Aperol (an Italian aperitif made with bitter and blood oranges) topped with a Brut Champagne or Prosecco. Here are Haasarud's suggestions for making and serving champagne cocktails at your next party, and try five delicious recipes from her book.

The bubbly has always been a firm favourite, but champagne cocktails with their varied tastes are becoming a big craze

CLASSIC CHAMPAGNE COCKTAIL

This classic, which calls for a sugar cube with a dash of Angostura bitters in a glass topped with champagne, is believed to have been invented in 1899. Still a favourite, many variations of this recipe are served at drinking dens worldwide.

Ingredients: One sugar cube; Angostura bitters; champagne; lemon or orange twist for garnish

Preparation: Soak the sugar cube in Angostura bitters and drop into a champagne flute. Top with a luxury champagne. Garnish with lemon or orange twist.

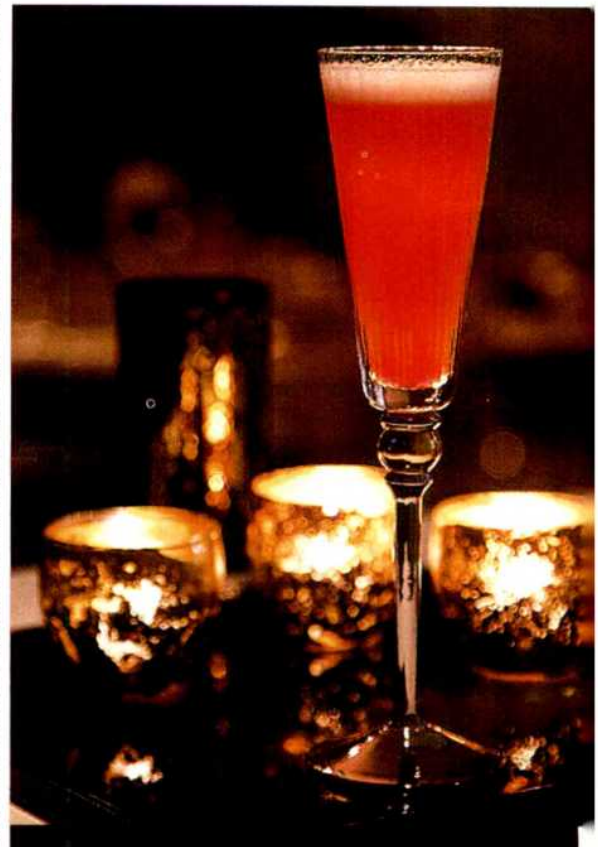
SPARKLING APPLE COCKTAIL

Apple is the undercurrent in this bubbly cocktail; it mingles with a touch of sweet and crisp of the sparkling wine and makes for a drink that tastes of Fall. One can use champagne, prosecco, or cava in this recipe. Just make sure that whatever you choose is well-chilled; a cold bottle of bubbly is easier to open (and less likely to spill over) than a warm one

Ingredients: One ounce apple juice; 1/2 ounce cognac, 1/2 ounce simple syrup; 4 to 5 red or green apple chunks; and 3 ounces champagne

Preparation: Combine the apple juice, cognac, simple syrup, and apple chunks in a cocktail shaker with ice. Shake vigorously and pour into a cocktail glass. Add additional ice, if needed. Top off with champagne. Stir and serve.

NISHIKANT GANRE



SIREN'S SONG

The name might attract your guests, but the simplicity of this last-minute cocktail will not only charm you but will go a long way too. This is one of the easiest amongst all other champagne cocktail recipes recounted here. You will require champagne, raspberry purée, ginger beer, and raspberry liqueur.

Ingredients: Three ounces champagne; 1 ounce ginger beer; 1/2 ounce raspberry puree; 1/2 ounce raspberry liqueur

Preparation: Combine all of the ingredients in a cocktail shaker with ice and stir for five to 10 seconds. Strain into a champagne flute.

NICE TO KNOW

• USE FRESH FRUIT AS AN INGREDIENT

Champagne provides a very versatile base for showcasing sprightly flavours like citrus fruits. All types of oranges–and especially blood oranges–pair beautifully, as do ripe berries such as strawberries, blackberries, and blueberries. A good rule of thumb is to first put about a tablespoon of muddled fruit in the glass and then pour the bubbly over it. Stir gently to incorporate.

• PAIR THE RIGHT FOODS

Haasarud likes fried foods, such as wontons or chicken, with champagne. "Try having a glass with a basket of onion rings–the champagne cuts right through the fried breading for a wonderful pairing," she suggests. As for hors d'oeuvres, the author suggests an artisanal salami and cheese platter; baked Brie with apples, cranberries, or figs; or even sushi.

• USE LESS-EXPENSIVE BUBBLY

"If you're going to use some purées, fruits, or juices," says Haasarud, "I recommend using a more affordable sparkling wine. But, if it's in your budget, you can splurge for something a little better, so guests have the option of having a straight glass of bubbly or a cocktail." "If I have an expensive champagne, like a vintage Cristal or Dom Pérignon," she says, "I just want to barely accent it, because it's perfect as it is. May be a classic champagne cocktail with a sugar cube and a splash of bitters, that's it."

BEST BARGAIN BUBBLY:

Barefoot Bubbly, Freixenet, Chandon Brut, Chandon Rosé

BEST SPLUGE WORTHY:

Mumm, Nicholas Feuillatte, Perrier-Jouët, Dom Pérignon

LIMONCELLO SPARKLE

One can simply call it a 'jolly-good drink of all time' because it involves very few ingredients and gives you a zesty punch. Limoncello is an Italian liqueur made with fresh lemon peel alcohol, usually grain alcohol or vodka. The peels soak in the alcohol for several weeks, adding a notable lemon flavour.

Ingredients: One ounce limoncello; 1/2 ounce cointreau; champagne; and long lemon peel for garnish

Preparation: Combine the limoncello and cointreau in a cocktail shaker with ice. Shake moderately, and strain into a champagne flute. Top with champagne. Garnish with a long lemon peel and serve.

LEMON ROSÉ BELLINI

In a time overflowing with champagne cocktails, it's nice to find one with a character. In homage to the Venetian painter Giovanni Bellini, the eponymous cocktail was created by Giuseppe Cipriani in 1943 at Harry's Bar in Venice to celebrate an exhibition by the artist.

Ingredients: One spoonful lemon sorbet, softened; 1/2 ounce citrus vodka (optional, for a stronger drink); 4 ounces rosé champagne; 2 to 3 raspberries for garnish.

Preparation: Combine the sorbet with the vodka in a cocktail shaker with ice. Shake vigorously. Add the champagne and stir. Strain into a chilled champagne flute or a cocktail glass, and garnish with floating raspberries.

(Courtesy: The Art Newspaper)

Where Luxury Means Business

BY R PALLAVI

Dubai's new, centrally located Pullman Mall of the Emirates targets business travellers with a wide range of corporate services, plush lounges, concept restaurants, and a spa. BT More checks in.

Clockwise from left: The rooftop Pool Lounge; a view of the hotel's exterior; the executive bedroom bathed in natural light

Luxury has many interpretations, and one of them is George Pullman's. The American railroader not only transformed late 19th century travel with his first class sleeping car, he also set high standards in an ever growing world of capitalist consumption. Drawing inspiration from his sense of style is French hotel group Accor's new Pullman hotel, adjacent to Dubai's Mall of the Emirates.

Set in the commercial district of the metropolis, the hotel fuses French sophistication with Middle Eastern warmth in its 481 guestrooms, 94 suites and many service areas.

Aimed primarily at corporate travellers, the hotel boasts of a floor dedicated to business activities featuring state-of-the-art meeting rooms. These can be configured to suit different business engagements, from conventional classroom-like setups to newer creative ones with dispersed sofas. In an effort to save time, the rooms are equipped with remote-controlled audio and video connections and a high speed Wi-Fi network. On the same floor, the 'Connectivity Lounge' developed in partnership with Microsoft, allows you to connect, print, and work with the latest generation of computers and software, guaranteeing complete confidentiality of your data. Keeping in mind the precision required for an effective business meeting, the hotel employs an event manager to co-ordinate the execution of events and an IT solutions manager who deals with the technicalities involved therein.

Besides managing business events, the hotel also offers the 'innovative break' facility which lasts from about 30 minutes to an hour and a half, and involves rejuvenation facilities that go beyond the ubiquitous coffee and cigarette break. If animated boardroom discussions become too hot to handle, executives can unwind over a Nintendo Wii game in the 'Chill-Out' spaces adjacent to the meeting rooms; relax with a head massage by the pool or practise yoga and Tai Chi with trainers.

All guest rooms, from the superior double rooms to the executive suite, come with 'business oriented' amenities like work desks, voicemail service, and Wi-Fi connectivity. Bathed in natural light, the interiors of the rooms merge cream and brown in their furniture and upholstery.

While the uber-luxe executive suite features an en-suite dining area, the other executive rooms allow full access to an exclusive lounge area.

Business works on relationships and there is no better way to break the ice than in an informal gathering at the rooftop Pool Lounge, where you can socialise over aromatic Moroccan teas and shisha flavours, with Dubai's glittering skyline adding to the effect.

Also on the rooftop, is the Sanctuary spa: a wellness haven where you can unwind over a stress-relieving

Right: The sitting area in the Vantage bar; **Below:** The theme restaurant Soda Box

COORDINATES

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Fax: (+971)43772001
Email: h7337@accor.com
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'hot stone massage' which starts at 325 AED (₹4,070) or a 'detoxifying cellulite reduction' which is 175 AED (₹2,192) onwards.

When it comes to dining, the hotel houses two restaurants, the Mediterranean fine-dine Sanabel and the casual American retro Soda Box. The Sanabel will put you straight into an Eastern Mediterranean market with fresh spices, delectable salads and scrumptious grills. You can indulge in sashimis and nigiris at its sushi bar and tuck into Arabic and Indian breads at the Saj counter. For those who enjoy privacy, the restaurant offers an exclusive PDR (Private Dining Room) and two semi PDRs . But, if you're looking for something exquisite, the Soda Box is the place to be. A recreation of the standard 1950s American diner, it is a fun place to try colourful ice creams, cotton candies and pastries besides the usual hot-dogs and burgers.

Adjacent to these, is the Vantage bar where a cosy sitting area sets the mood for an evening of fine wine, with more than a hundred varieties to choose from.

By day, the restaurants and the bar offer a culinary refuge from the scorching Gulf sun. By night, a subtly lit open terrace just outside these eateries is the place to be. You can enjoy your food and drinks amidst a cool desert breeze while gazing at Dubai's skyline which boasts of the world's tallest building—the Burj Khalifa tower, and the yacht shaped Burj Al Arab hotel.

Strategically located in downtown Dubai, the hotel is in close proximity to most business and entertainment centres. Not only is it directly connected to the Mall of the Emirates with its over 500 boutiques, a 14 -screen cinema complex and the fascinating Ski Dubai adventure; it is also close to the 12-hectare Jumeirah Beach Park which offers recreational water-sport activities and the Souk Madinat where you can enjoy a traditional Arabic shopping experience. With a metro station around the corner, the fascinating streets and markets of old Dubai are just a short ride away.

A love child of the east and west, Dubai binds a traditonal sense of hospitality in modern cutting-edge technology, to create a cross-cultural nucleus that is quite unique. This new hotel is another interesting addition to the ever-expanding Dubai skyline. So, make your reservations and let the Gulf engulf you. ■

Godrej interio

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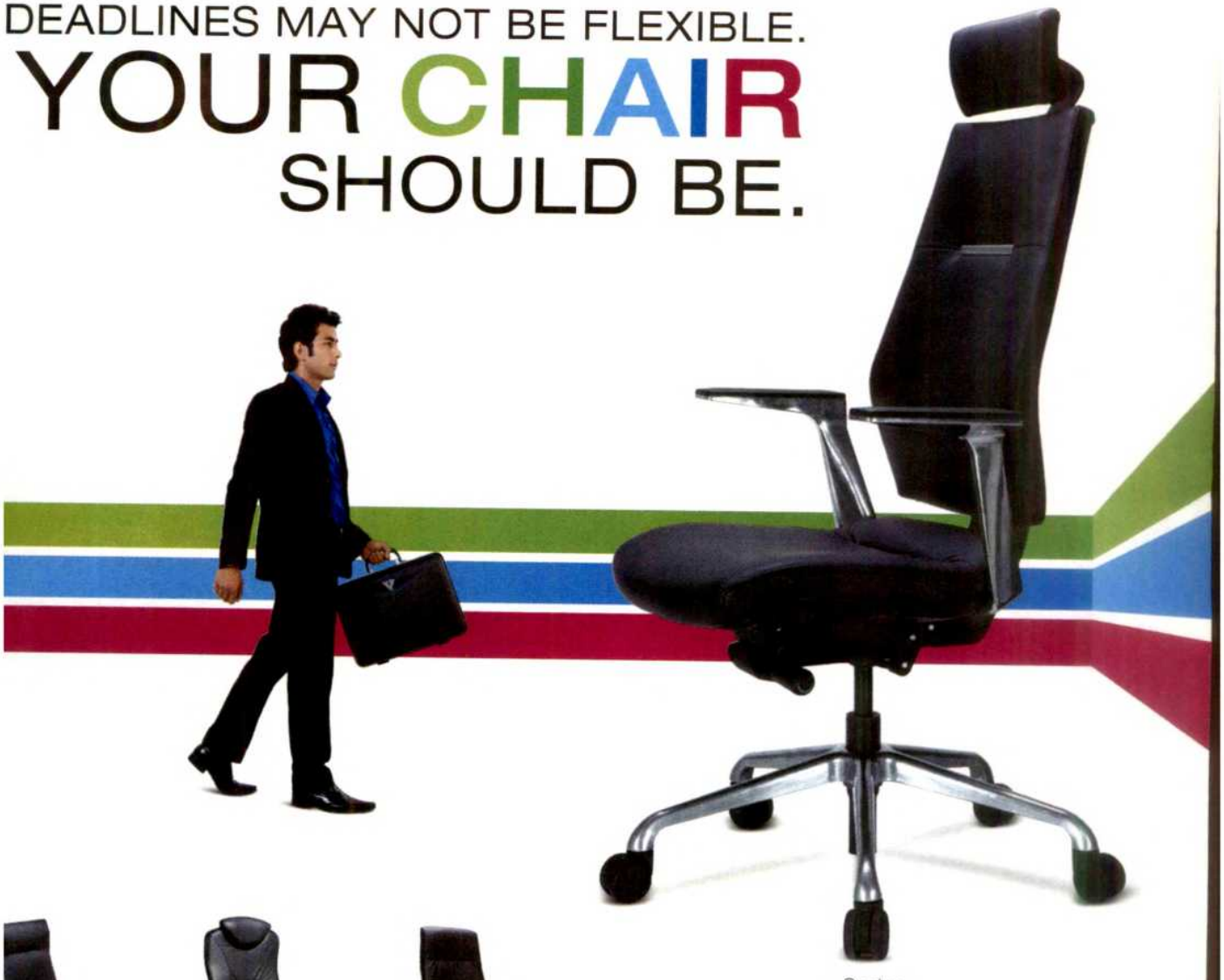

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LAW & KENNETH/GI/93/11

SHEKHAR GHOSH

BY MAGANDEEP SINGH

Paris, je t'aime!

We serve up six marvellous and fun things to do when in the City of Lights without burning a hole in your pocket. So skip a visit to the Champs-Élysées and enjoy the city like a local.

They say travel expands the mind. I agree. But it sure has a propensity to flatten the wallet. I love travel and will risk bankruptcy just as long as I get a plethora of experiences under my belt. Now with Paris, the city always gives you much more than you spend on it. The point is to do it smartly, like Parisians do. Here's a modest list of a few fun things to do when in this enthralling city.

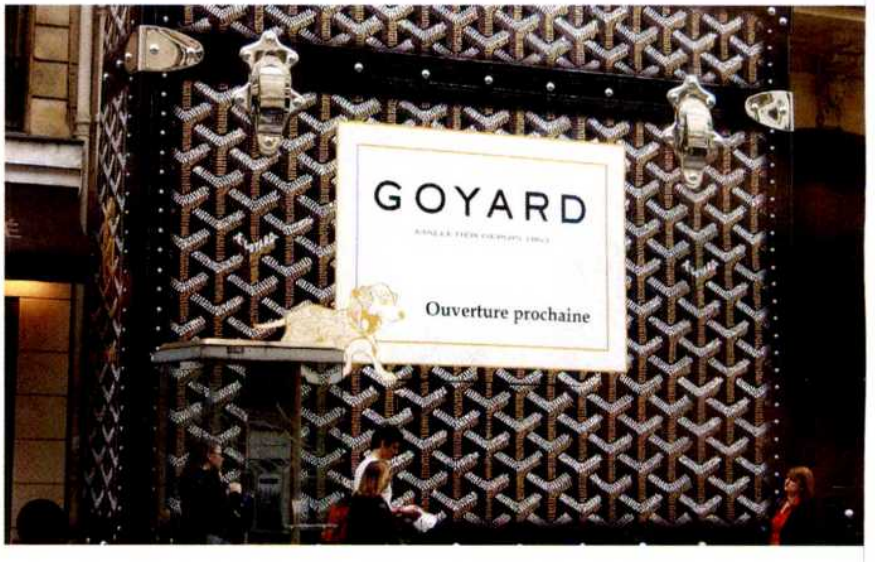
1. Senderens: Place de la Madeleine is famous for many things: the massive church in the middle of the place, the Hediard chocolate shop, the Fauchon tea salon and the Senderens restaurant. The restaurant is perhaps the oddest definition of quirky. Bathed in red light, it almost seems distracting when you sit down and are handed the menu to browse through. But as is with many things odd, you soon get used to the distraction and what remains is the filtered charm of a restaurant that has continuously raised the bar with some fabulous food since it first opened and has a wine list to put any hotel in a large city to whimpering shame. Sure it is expensive, but it is a formidable dining address. Else, you can always try lunch, which is a tad lighter on the pocket but still packs a flavourful time into an afternoon.

2. Ze Kitchen Galerie: Looking for a delectable and fancy meal in the city of romance and that is affordable and innovative? I can't think of a better place than this wonderful restaurant. The food is as playful as kindergarten, as colourful as a garden in spring and as memorably delicious as your first kiss. Ok, my first kiss. Whatever. Located on the Quai, on the right bank of the river Seine, it is very much at home in the traditional bohemian quarter of Paris.

3. Bar at Printemps: Shopping is an ordeal even when it's for yourself, especially if you are a fussy fashionista. As a result you always need to be focused and a crowded, frantic place is the last place to try and do so. Which is why when you're at the Mecca of

Clockwise from top-right: The Senderens restaurant; Ze Kitchen Galeria; arial view of Paris

> The Senderens has the filtered charm of a restaurant that has continuously raised the bar with some fabulous food since it first opened and has a wine list to put any hotel in a large city to whimpering shame



Clockwise from the top-left: The bar at Printemps; the Uniqlo store; the facade of E Goyard; macaroons at Pierre Herme

shopping in Paris, Printemps (or next doors at Galeries Lafayette), do take the time to get away from the madness and indulge in a nice little coupe of something invigorating, preferably alcohol-based. The bar is on the 9th floor of Printemps de la Mode and boasts quite a commanding view of the city all around, including the nearby Opera and the slightly distant Eiffel Tower. The place isn't expensive and rarely crowded. Only caveat: the restrooms are on the first floor so make sure you lighten yourself before you begin the climb upwards.

4. Uniqlo: Although this is not a French brand, the shop itself is something to behold. The place is truly massive and funkily done up and the sheer attitude of the place strikes you while you climb the very chic stairs leading up to the store. I almost tripped trying to read the scrolling red ticker display between the steps. I think they probably read, "We are not responsible if you fall trying to read this." The clothing brand from Japan has taken Paris by storm and their USP is simple: no obvious branding, great quality (fabled Japanese cotton), excellent stitching and cuts and unbeatable prices. People don't just buy here. It is more akin to the frenzy at a supermarket check-out as soon as they announce they are shutting in five minutes.

5. Pierre Hermé: Macaroons have become all the rage in India and it wasn't the hotel patisseries that got us started. It was a few enthusiastic bakers who were so enchanted by this little fluffy delight that they decided to take it upon themselves to bring it to India. Opera in Delhi and Le 15 in Mumbai are my places of pride to try these. But when in Paris, homage must be paid to the original maestro: Pierre Hermé. Sure Ladurée is more popular and visible but for those in love with macaroons more than a fancy 'me-too' address, this is the place to be seen hmmmm-ing.

6. Goyard: If you still think that a trip to France is not complete without a visit to the Louis Vuitton Maison on the Champs-Élysées, please let me know and I will transfer your names from the 'have arrived' to the 'yet to arrive' list. The true fans of all things luxurious will visit E. Goyard before any other store. Retailing at the same store since its inception back in 1823, E. Goyard is the perfect example why any other brand is pure marketing and commercial crap compared to their austere, angular products. This is not for those who wish to be recognised by the logo on the bag they carry. This is for those who smile a smile and glow warm inside knowing that they have better knowledge than most of the others milling around. ■

DISTINCTLY DIFFERENT, DEFINITELY MALE.

Antonio Bernini – THE FIGHTER SERIES...

The Fighter Series collection from the House of Antonio Bernini marks the beginning of a new era of haute horlogerie. The success of Time Machine series has paved way for advanced innovation in watches for the Man of Steel.

A whirlwind in a small case is how one defines The Fighter Series from Antonio Bernini. The collection comprises of 3 distinct models namely – Top Gun, Stealth and Phantom all of which tell a different tale. The leading fighter jets of the last century lend inspiration for this new collection which is a combination of style and function. The models are a reflection of technology, power & masculinity. The dynamic design behind each of the watches make a perfect collection for someone seeking a unique sense of style.

Just like the fighter plane known for its adaptability and distinct appearance, the Phantom model from The Fighter Series is a watch lover's delight with its distinct design features right from hardened crystal case with rose gold plating, 30 minutes stopwatch and dial with molded index to give a 3D effect.

The Stealth model case takes shape of the famous fighter aircraft. The Aerodynamic Case, Screwdown Case back, Curved Hardened Crystal and Butterfly buckle with deployment clasp add to the aesthetic value of the model.

Top-Gun is complete with a 24 hr clock, 60 min chronograph, Tachymeter, Retrograde millisecond, Spring recoiled pushers with aerotyre grip and Beveled Hardened Crystal.

he Antonio Bernini – FIGHTER SERIES is apt for Men who love their gadgets, who love the fast paced life and ho know how time is well spent. The collection is for the' Maverick' who knows he's aggressive; his passion es in maneuvering at top speeds, yet never reckless.

he Fighter Series is a reflection of technology and power & masculinity all of which combine to be a perfect ollectible for the AB Man who seeks a unique sense of style

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ON THE MOVE

The Traveller's Page

The Blue Yonder

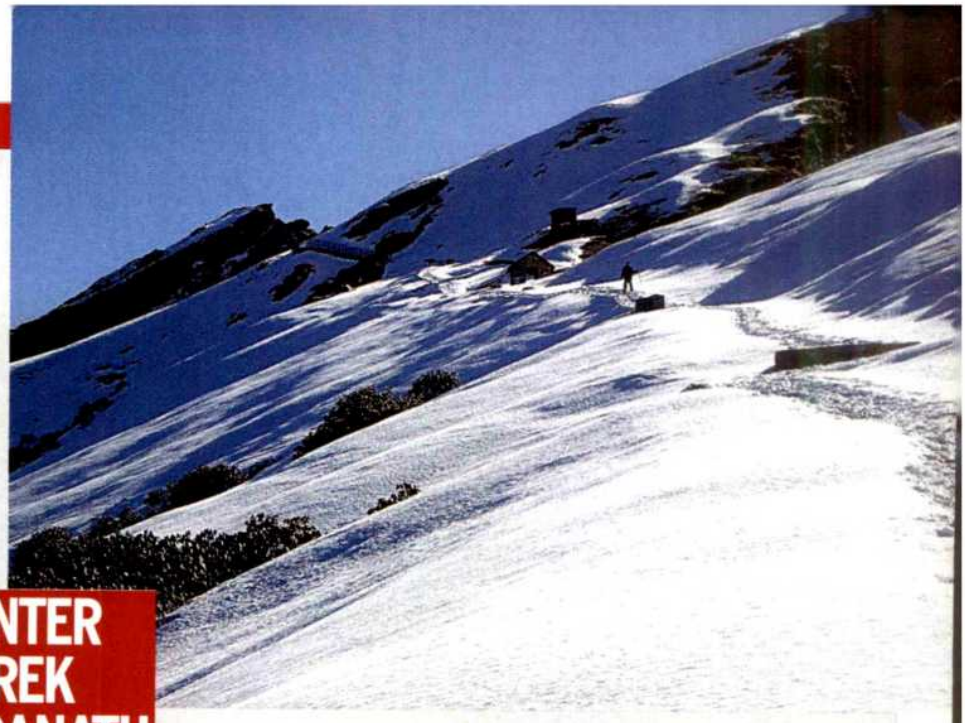
A smart little new package brings the magical archipelago of the Andamans a little closer to the hassled traveller

BIBEK BHATTACHARYA

The Andamans, an enchanted archipelago of Stone Age tribes, lush tropical forests, and mangrove swamps, that look and feel so different from anything you've seen in the mainland that it often seems like a foreign place. Sadly, a paucity of proper knowledge and exorbitant airfares ensure that more Indians travel to Koh-Samui than to Havelock Island. One of the countless little bits of forested land and golden beaches that are strung out like pearls in the Bay of Bengal, Havelock is part of a neat little package from Make My Trip that should entice many to consider a trip to the Andamans this year. The company's 'Exotic Andamans' package takes in a tour of southern Andaman centred around the Havelock and South Andaman islands. For a modest amount of ₹31,999 per person on a twin-sharing basis, you get a seven-day tour of the islands which includes two nights in Havelock island with plenty of snorkelling thrown in. You could even customise your stay here to take in a night or two at the famous Barefoot Resort off Radhanagar beach, recently voted the best beach in the world. Apart from this, the itinerary includes five nights in Port Blair, and sightseeing trips with visits to coral islands like Jolly Buoy and Red Skin as well as a ride through heavily forested Jarawa reserves to Baratang island, famed for its crocodiles and limestone caves. When you consider that airfares to Port Blair are never less than ₹20,000 per head, this sure sounds like a steal! Website: www.makemytrip.com

Immersive Trail

The classic Inca trail to Machu Picchu is one of the delights of intrepid travel. But like other well-known trekking trails around the world, this one too has been overrun by crowds of tourists. Here's a chance to do it differently, following another old Inca trail over high Andean passes and through some gorgeous scenery to the fabled ruins of the Incas. And it's not the only Inca city you will pass on the way, as the trail lies through the living town of Ollantaytambo, where people still live in old Inca buildings. Along the way, you get a chance to give something back to the people through daily community work. This 16-day trip is organised by the UK-based adventure specialist Dragoman, in association with Andina Travels for £1,070 (₹76,109) (exclusive of airfares) per person. Website: www.dragoman.com

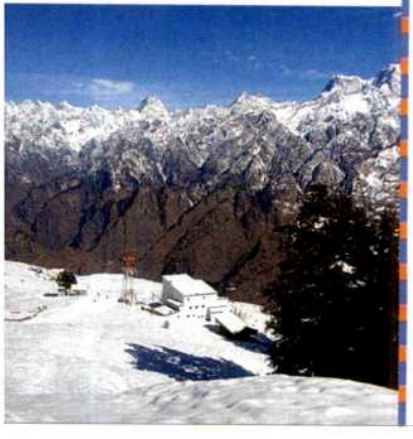


WINTER TREK TUNGANATH

Deep in the heart of Garhwal in Uttarakhand lies the highest temple in the country. At least a thousand years old, the Shiva temple of Tunganath is situated at the impressive height of 3,680m right on the brink of the Greater Himalayan Range. A redoubtable pilgrimage at the best of times, Tunganath offers a thrilling yet relatively easy winter trek in the Himalaya. Situated on the mountain of Chandrashila which soars to a height of 4,090m, it commands an incomparable panoramic sweep of the Himalayan range from Bandarpunch in the west to Nanda Devi in the east. Drive up to Ukhimath in the Mandakini valley via Rishikesh and Rudraprayag. From there, over the next four to five days, trek up to Chopta- the gateway to Tunganath- through dense forests, lush green meadows and the crystal clear lake of Deoria Tal. Its a tough slog up, but once you make it to the top of Chandrashila, great views await. Many great tour operators like Peak Adventure Tours organise treks for ₹18,000 per person per day with accmodation in tents and meals included. For more details and exact quotes visit www.peakadventuretour.com

Ski Like A Pro

Winter sports tourism in India is growing in leaps and bounds and here's a great way for you to learn skiing. Uttarakhand state tourism's Garhwal Mandal Vikas Nigam (GMVN) organises a two-week certificate programme on the pristine snow slopes of Auli for ₹11,550 a person. This includes training sessions, equipment and stay at GMVN accommodation. If you feel up to it, you could even go for short walks in the area overlooking the spectacular Alakananda gorge for some great views of the eternal snows. For more details visit www.gmvnl.com



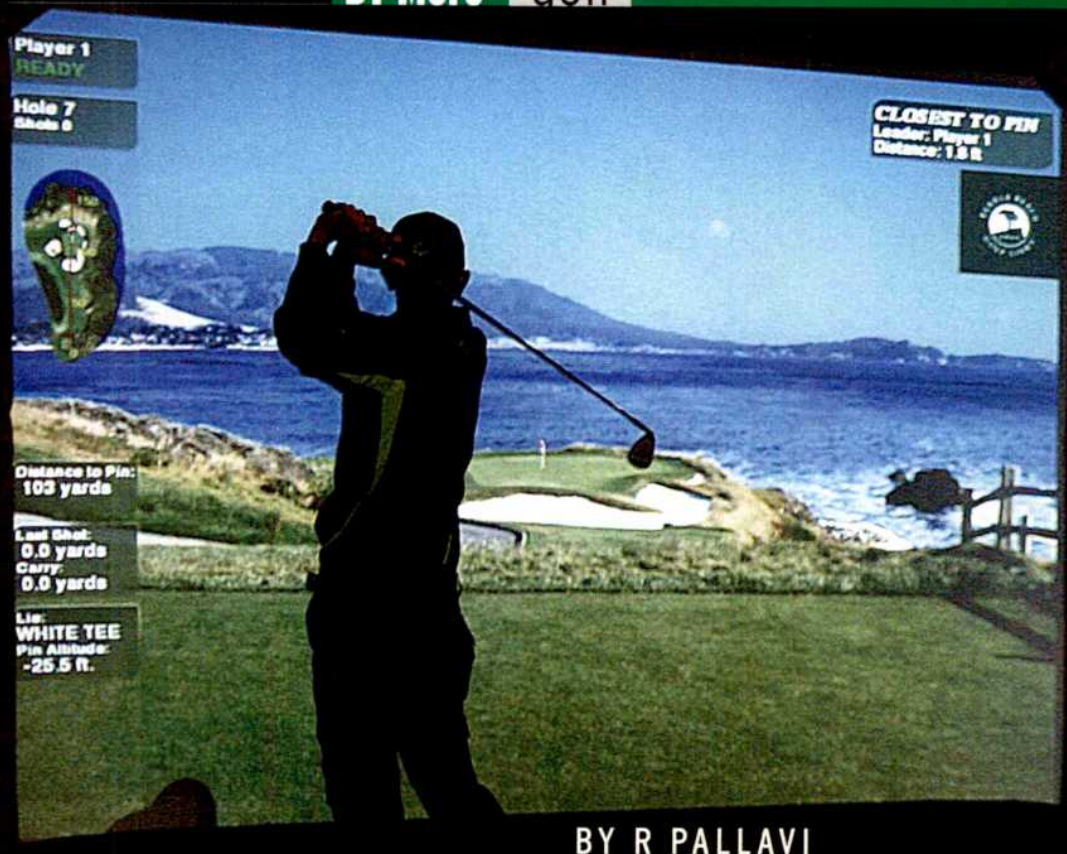
Expert Opinions

If you're travelling around India in a luxury train, living it up like a prince and soaking in the culture and heritage, then its only natural that you'd like to be informed about aspects of our culture by the best in the business. The Maharajas' Express, a venture of Royale Indian Rail Tours have a host of experts joining guests for informative lectures including the likes of star chef Vivek Singh, journalist Michael Buerk and travel writer Mark Tully on their various tours like Princely India, Royal India, Classical India, and Celestial India. Prices start from $7160 (₹3.28 lakh).Website: www.rirtl.com

Kerala Homestay

One of the most beautiful places in the country, the Vembanad lake and its surrounding backwaters are enchanting in any time of the season. If you don't like the cold in the northern plains, then head south this winter for this absolute steal of a deal. Mylanthra House is a lovely old bungalow set on the outskirts of the Vembanad lake in a lush green area surrounded by mangroves and water channels. Your hosts will be Basil Mylanthra and his wife Annie Basil.

Enjoy the quiet life and if you're feeling adventurous, go for houseboat rides on the lake and the surrounding backwaters and enjoy delicious home-cooked meals with fish straight from the fishing nets. All this for an unbeatable tariff of ₹1,300 per day which includes a lavish breakfast. For more details including availability, visit www.riversideheritage.com



BY R PALLAVI

Putt Your Act Together

With six simulators and a wide putting green, Gurgaon's Golfworx, offers all you need to turn pro at the game

It is hard to be a golfer in India with just a desire for the game and not much else. When exorbitant membership and equipment costs leave behind many a talented golfer, there's finally some hope for the way the game is played and enjoyed. The result of a demand for more pro golfers as well as India's rising star in the game, people like Rahul Singh are trying to change the way the game is perceived—as a preserve of a privileged few. Rahul is the owner of Golfworx, a 44,000 sq ft indoor golf lounge at Ambiance Mall, Gurgaon, an establishment that could launch a trend in the country.

A first-of-a-kind venture in the country, Golfworx provides all-weather golfing facilities with six 20 ft x 12 ft High Definition Golf simulators where a golfer can virtually play eighteen different courses from across the world, at a regulated temperature of 22 degrees throughout the year. It also houses a plush members-only cigar and malt lounge, Baronial, and an 8,000 sq ft retail pro shop. The largest such outlet in the country, it provides golf merchandise from 32 different brands including Callaway, Taylor Made, Nike Golf, Puma, Wilson, and Footjoy. A year since it opened in January 2010, Golfworx now boasts of an Academy Programme that aims at educating golf enthusiasts through its various courses that cater to both old timers and 'nutters with putters'.

To do the honours, the company has roped in golfer of international repute, John D. Volz, who is listed as a 'Class A' golfer in the Professional Golfer's Association (PGA), USA.

Training is provided on one of the six simulators which gives an accurate measurement of everything including ball speed, launch angle, ball spin, swing path, and real ball flight simulation. There are cameras set up at different angles which help you analyse your body postures while you play. The simulator screen and walls of the enclosure are padded to prevent the ball from ricocheting, while the floors are carpeted with turf grass to facilitate a stable and smooth drive, just like a fairway on a golf course.

According to Volz, the simulators are the most helpful things a budding golfer could hope for. "The simulator

Right: Putting Green and the simulators; Below: Training sessions at simulators

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4. SHORT SWING PROGRAMME: Four lessons of 45 minutes each.Price: ₹3,000
5. FULL BEGINNER'S PROGRAMME: 12 lessons of 45 minutes each. Price: ₹10,000

provides you instant feedback on key swing training aspects such as clubhead path, clubhead speed, launch angle, amount of loft and carry and the total distance the ball has travelled," he says. These figures are useful in analysing your game. Addressing aspects like long game, short game, course management as well as the player's mental preparation, the training programme helps players evolve.

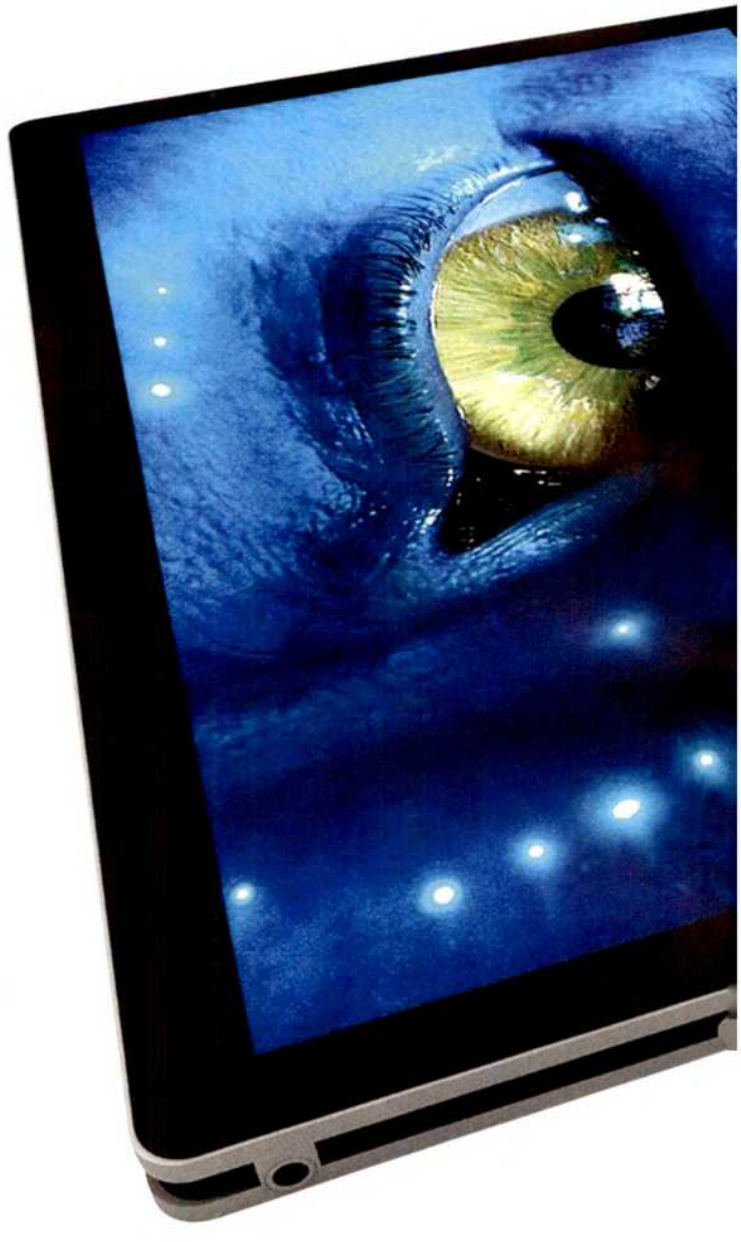
Ultimately, the simulators are all about the experience of playing at real golf courses. While the software features some of the world's best courses including Pebble Beach and Banff Springs, the pre-recorded sounds of roaring crowds when the ball topples into a virtual hole just add to the fun.

But unlike a regular golf course, where you spend endless hours walking from one hole to another and about five hours to complete 18 holes, the simulator helps cover the same ground in just two and a half hours. This helps the player focus on improving his/her technique. It's quick, it's fun, and where else could you improve your swing at the picturesque Kiawah-Ocean course or tee-off at the lush Torrey Pines or catch up with friends for a quick session at Pebble Beach—all in one day—and still be home in time for dinner?

Golfworx also houses a 1,500 sq ft 'putting green' with eight 'real' holes for fine-tuning one's technique. The right gear is as important in golf as the technique. Here, the experts guide you through your irons and can even custom-make them in a way to suit your requirements.

Whether the concept of indoor golf appeals to you or not,there's no doubt that this helps you learn the game better. Purists might feel that seeing the actual flight of the ball and facing challenges of the sun and wind are a part of the game, others believe it's all about perfect putting, which is rather conveniently achieved through virtual simulators. As Volz says, "Venues like Golfworx will slowly but surely chip away the doubts a golfer may have regarding a simulated experience. In time many will come to appreciate the benefits of a such an environment".

As compared to membership-based courses such as the JP Greens in Noida where non-members need to shell out ₹1,500 for a 45-minute lesson and the Delhi Golf Course which entails a cost of ₹1,200 for 30 minutes, Golfworx aims to offer more for less. So whether you endorse convention or embrace novelties, here's a comfortable way to build up your game in all its aspects—from posture to swing—before you hit the green. ■



Year 2010 was the year of transformation. The gadgets arena saw the insurgence of super-smartphones that took the world with a 'Storm' and tablets that led to break-neck competition amongst both device makers and platform players like Android. Sure the formidable Apple iPad started it all, but the ripple effect saw the uprising of a horde of other players like Samsung and Dell to come out with tablets of their own. Then there was the advent of 3G and 3D among the mainstream products, making smartphones smarter and giving TV owners the option of newfound 'depth'. The year 2011 continues the influx with devices that are deservedly super-hyped—from Apple's newer version of MacBook Air and Magic Mirror TV by Ad Notam to HTC 7 Mozart and of course, the Blackberry PlayBook. Here are some of the most interesting and splurge-worthy devices of year 2011.

RICH PICKINGS

Every year brings with it some eagerly awaited gadgets and 2011 is no different. BT More gives you a round-up of some very cool and futuristic devices that will be the stars this year.

COMPILED BY R PALLAVI AND ANUSHREE BASU

NOTION INK ADAM

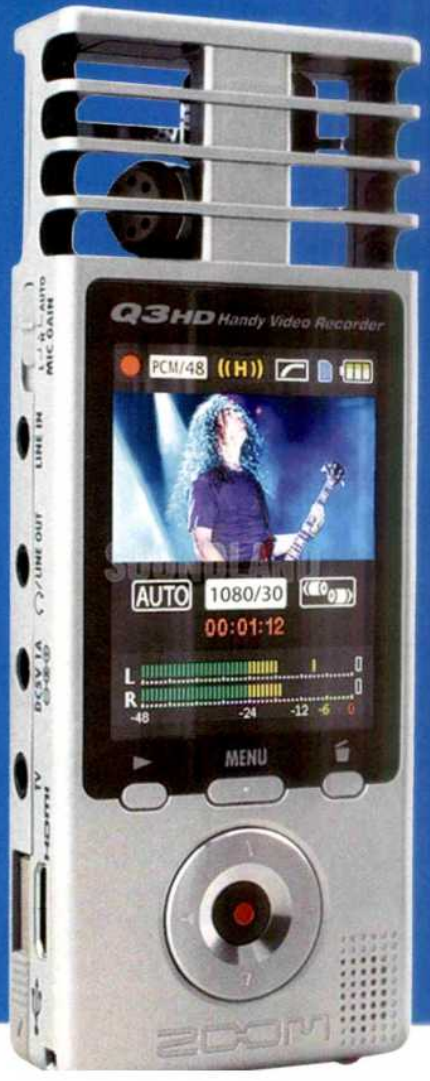
Notion Ink Adam, India's answer to the iPad, is an Android-based tablet that boasts of a frugal nVidia Tegra processor and a PixelQi screen, both of which ensures that it has an unbeatable battery life. Also, the Tegra chip is faster and is capable of handling full HD (1080p) content. Adam packs almost everything under its hood to be a powerful contender in the tablet PC arena. It sure is a device with a solid mettle, particularly for an Indian start-up which plans to make it big in the tablet market, discretely or openly competing with the big-print contenders like iPad, the Blackberry Playbook and the Samsung Galaxy Tab.
Price: $550 (₹25,178)

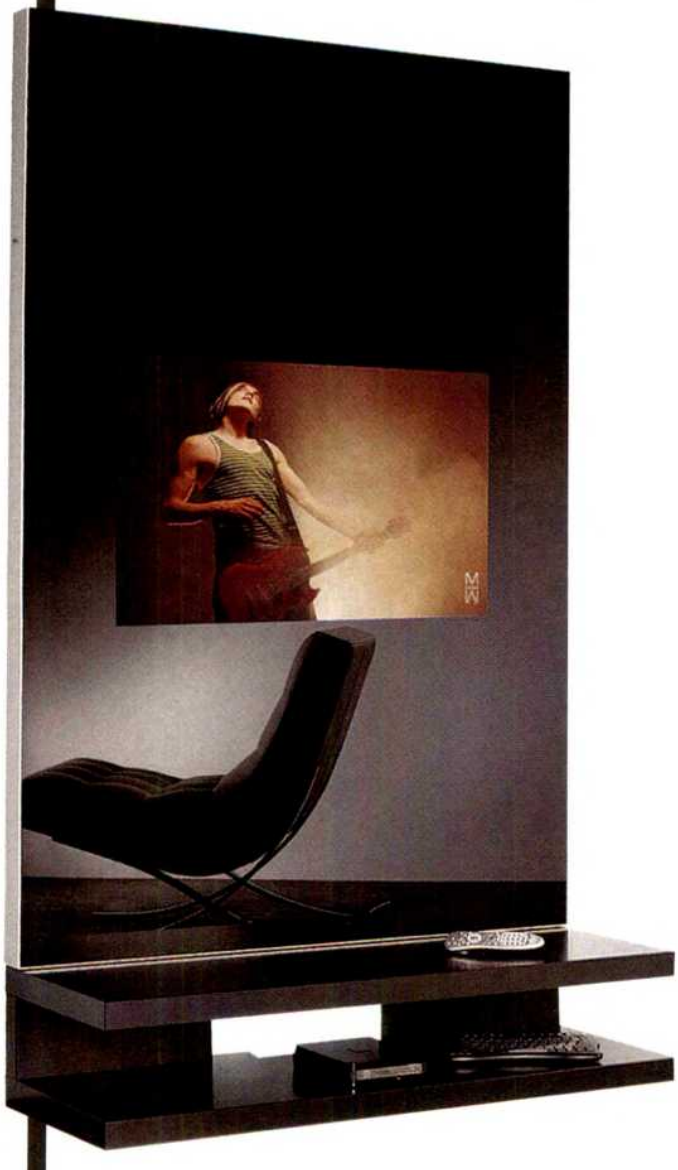
SPECS
3.2 MP Auto Focus Swivel Camera
NVIDIA Tegra 250
GB DDR2 RAM
3 cell 24.6Whr battery
0.1" WSVGA (1024 x 600) display
A-GPS, Wi-Fi, Bluetooth 2.1
725 g

ZOOM Q3HD CAMERA

The high definition audio offered by the Q3 handy video recorder has now been joined by HD video with the release of the Q3HD. Featuring full 1080p at 30 frames per second or both 30 and 60 frames per second at 720p, the new model now benefits from a 5 megapixel CMOS sensor and an F2.8 fixed focus lens with 4x digital zoom. With one hour of video with bundled 2GB SD card slot and 32 GB SDHC card for 16 hours of video, the device is spared of memory issues.
Price: $299 (₹13,687)

SPECS
2.4-inch, 320 x 240 resolution colour LCD
120 degree x/y stereo microphones
HandyShare editing/YouTube uploader software/Apple Quicktime,
2BG SD card, some
AA-sized batteries
105 g (without batteries)





AD NOTAM MIRROR TV LINE

The Ad Notam Mirror TV range combines conventional mirror surfaces with a sophisticated monitor system. An LCD Active Matrix is mounted behind a mirror surface to display anything from TV and Satellite channels to PC presentations and video games. The LCDs target the progressive consumer who wants to add the convenience of an LCD Television in spaces like bathrooms, bedrooms and living rooms. In addition, when the Mirror TV is combined with 'Magic Mirror', it completely disappears when turned off. When customisation is finalised, you will be able to recess this into the wall, hang it as a picture or even integrate it into the furniture. Now that's state of the art!

Price: ₹1.5 lakh onwards

SPECS

Available in 37 and 46 inches screen size
Mirror & Glass Options of Magic Mirror black or white
Wall-mounted/Desktop
Signal Sources : TV/SAT Receiver/DVD/Video

MICROSOFT KINECT XBOX

MICROSOFT KINECT XBOX

Taking motion gaming to an altogether new level is Microsoft's Kinect, an add-on for the XBOX 360. Unlike the Ninetendo Wii and the Sony PlayStation, this remote free device enables you to control and interact with the XBOX 360 through a full-body play or the sound of your voice. Its motion tracking cam features a sensor that outputs video at a frame rate of 30 Hz; the monochrome depth sensing video stream is in VGA resolution (640x480 pixels) with 11 bit depth which provides 2,048 levels of sensitivity and a multi array mic. Owing to these features, it has a full body 3D motion capture, and accurate facial and voice recognition abilities. It tracks up to six people, but only two active players at a time.

Price: £250 (₹17,739) bundled with the XBOX 360 4GB

SPECS

Sensor range: 1.2m - 3.5m
Resolution: 640x480 32-bit colour at 30 frames per second
16-bit audio at 16 kHz
175 MB of memory

GRANDE SECONDE SW RED GOLD

In unveiling the Grande Seconde SW Red Gold, Jaquet Droz is giving its sports collection URBAN*LONDON the recognition it so richly deserves. This new watch combines technical performance and ultimate elegance of design – red and black interact for dynamic visual impact. Red gold is not only used for the case, but also for the three-dimensional ring circling both dials on this model, with its superb, masculine lines. Red gold gleams from the fluted bezel with its deliberately assertive design, the applied plates, the hollowed horns, the hands and the folding clasp - whose shining surface contrasts with the dark matt of the rubber strap - not to mention the dial and crown. This beautifully balanced design is carefully thought out down to the last detail: the watch hands are tipped with a coat of Super-LumiNova.

Featuring a mechanical self-winding double-barrel movement and a 18-carat white gold sport oscillating weight, the Grande Seconde SW Red Gold is water resistant to 5 bars (50 meters). Featuring superior resistance, architecture and design, this exceptional watch meets the high expectations and standards of the true aficionado of superior time-keeping mechanisms.

The Grande Seconde SW Red Gold will be in stores in December 2010!

CASA PARADOX: CELEBRATING THE INDIAN HERITAGE

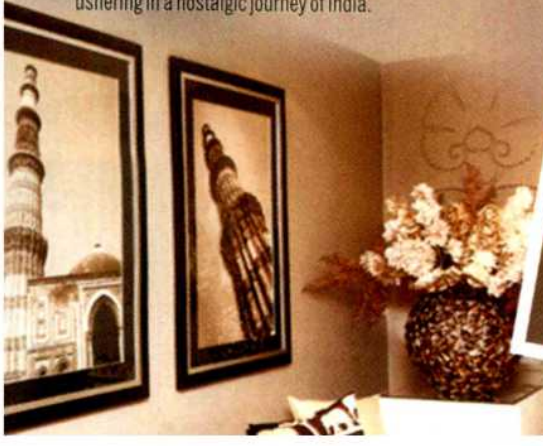
The name "Casa Paradox" spells fine living. The store embodies global refinement and an indigenous design sense reflective of the contemporary & classic designs from the world of interiors. The creative calling of India's leading interior designer Ms. Raseel Gujral and her businessman husband Mr. Navin Ansal, Casa Paradox is India's premier design and lifestyle furniture store. Mr & Mrs Ansal founded Casa Paradox in November 1993 as a Private Limited Company with the object of carrying out the business of interior designing, manufacturing and supplying furniture and home accessories

Celebrating the Indian Heritage with alternative art specially crafted in a contemporary format to decorate your walls

Casa Paradox along with acclaimed Photographer Ashish Chawla, have crafted a collection of photographs of monuments which have endured the passage of time and witnessed the emergence of the great country since time immemorial.

"The enigma and charm of India has caught the imagination of endless number of poets, thinker's scientists, and philosopher, wonder-filled and overwhelming if you open your sense to the actual pulsating beat" Says Raseel Gujral Creative Head Casa Paradox.

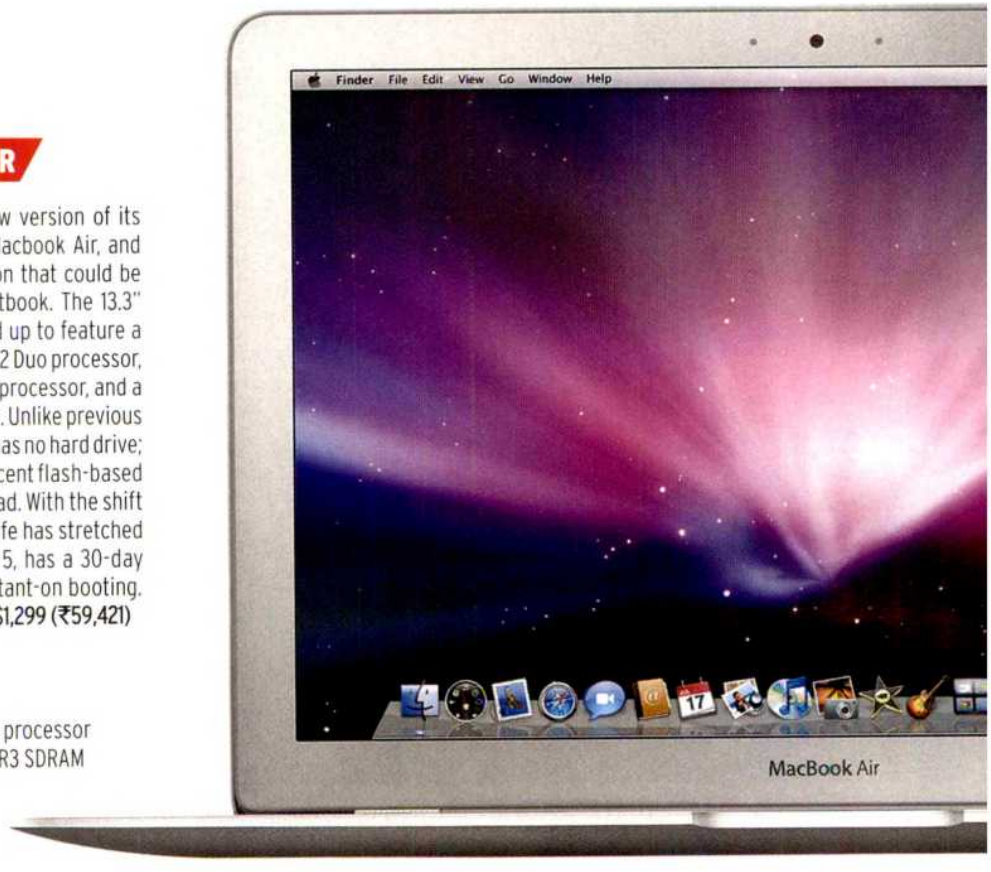
Casa Paradox the Uber luxury interior design celebrates Indian heritage this festive season as they launch their latest collections of Alternative art in a special contemporary format ushering in a nostalgic journey of India.



APPLE MACBOOK AIR

Apple recently launched a new version of its two-year-old ultra-portable Macbook Air, and revealed a new, smaller version that could be described as the first Mac netbook. The 13.3" Macbook Air has been bumped up to feature a 1440x900 display, an Intel Core 2 Duo processor, Nvidia GeForce 320m graphics processor, and a total unibody aluminum design. Unlike previous versions of the Macbook Air, it has no hard drive; and has shifted over to 100 per cent flash-based memory like the iPhone and iPad. With the shift to Flash memory, the battery life has stretched to 7 hours from the previous 5, has a 30-day standby time, and features instant-on booting.
Price: 11": $999 (₹45,698); 13": $1,299 (₹59,421)

SPECS
1.4GHz Intel Core 2 Duo
NVIDIA GeForce 320M graphics processor
Memory of 2GB of 1066MHz DDR3 SDRAM
AirPort Extreme Wi-Fi
Battery life of 7 hours
1.06 kg (11"); 1.32 kg (13.3")



SAMSUNG 7.1 CHANNEL BLU-RAY 3D HOME THEATER SYSTEM

Now that Blu-ray has officially triumphed over its rival HD DVD, it's only natural to arm our living spaces with the technology. Take the Samsung HT-BD2T: it's the first home-theater-in-a-box system in the world to feature a built-in Blu-ray player. It's exactly the sort of gorgeously styled system–curvy disc player, matching 7.1 channel speaker/subwoofer system–that's dominated the top-end of Samsung's home-theater line-up for the past few years, except that this one plays Blu-ray Discs in addition to DVDs and CDs.
Price: $1,500 (₹68,668)

SPECS
7.1-channel all-in-one home theater system with built-in Blu-ray player
Dolby TrueHD and DTS Master Audio
Full-size subwoofer
3D-ready
Upscales DVDs to 1080p
Wirelessly connect with other devices

NIKON LASER 1000A S

This rangefinder from Nikon aims to make the golfer's life simple. Besides the display modes of actual distance, horizontal distance and height, it also features a golf mode that provides slope-adjusted distance (horizontal distance plus/minus height), enabling the user to confidently determine how to approach a hilly course. The Active Brightness Control Viewfinder features an orange LED which is automatically turned on when it is used in darker situations and brightness of the LED is adjusted according to their surroundings. Besides a 6x monocular with multilayer coating for bright and clear images, it boasts an eyepiece opening for easy viewing and a 7.5 degree wide field of view. While the eye point design helps you use it over sun-glasses, water resistance of up to one meter for 10 minutes makes it great for under-water usage.

Price: On request

SPECS

Active Brightness Control Viewfinder
18 mm ocular lens
Wider field of view (7.5 degrees)
The four display modes–actual/height/horizontal distance and height/golf
118 x 73 x 41mm resolution
195 g

HTC 7 MOZART

Out of all the Windows Phone 7 launch partners, HTC has evidently been the most hard-working among the lot. The utterly desirable and not-so-modestly priced HTC 7 Mozart is the most stylish phone to flaunt this year, we dare say. Flip the phone around and you'll see its two main selling points: the aluminum unibody construction and an 8 megapixel camera with Xenon flash. The touchscreen is large, clear and bright and supports multitouch gestures, such as 'pinch to zoom'. The 800x480 pixel resolution isn't the largest available on a smartphone, but it's still noticeably more roomy. The phone also doesn't come with a microSD card so you have to be satisfied with an 8GB phone memory.

Price: ₹30,000

SPECS

8 MP camera
Phone Memory: 8 GB; No microDSD
Resolution: 800x480 WVGA
Up to 7.2 Mbps download speed
Screen size: 3.7 inches
130 g with battery

BLACKBERRY PLAYBOOK

Competing with Apple's iPad, Blackberry has brought out a smaller, lighter and speedy tablet. At its heart, the BlackBerry PlayBook is a multitasking powerhouse. Its groundbreaking performance is jointly fueled by a 1 GHz dual-core processor and the new BlackBerry Tablet OS which supports true symmetric multiprocessing. Measuring less than half an inch thick and weighing less than a pound, the PlayBook features a vivid 7 inch high resolution display that looks and feels great in your hand.

Price: $500 (₹22,872)

SPECS

7-inch LCD with 1024 x 600 resolution
1 GHz dual-core processor
1 GB RAM
Wi-Fi - 802.11 and Bluetooth 2.1
Dual HD cameras (3 MP front facing, 5 MP rear facing)
400 g

OPTOMA IPOD DOCK

Unlike usual iPod docks, the Optoma's Neo-i features not just built in speakers, but also a 50 ANSI Lumen pico projector which is able to pitch images up to 120 times larger than the native WVGA (the usual digital display resolution) size of 854x480 pixels and a bulblife of over 20,000 hours. Besides a 30 pin dock connector for all Apple products, the device also features HDMI and VGA inputs which make it compatible with a wide range of audio and video devices. While the audio power is rated at 16W, the projections have a low brightness of 50 lumens, which means a pitch dark room is required for a decent picture quality. Once docked, users can access their iPods through an IR remote control.

Price: $449 (₹20,539)

SPECS

30 pin dock connector
854x480 pixels resolution
12.8 inches by 8.9 inches and 3.1 inches tall
1.13 kg

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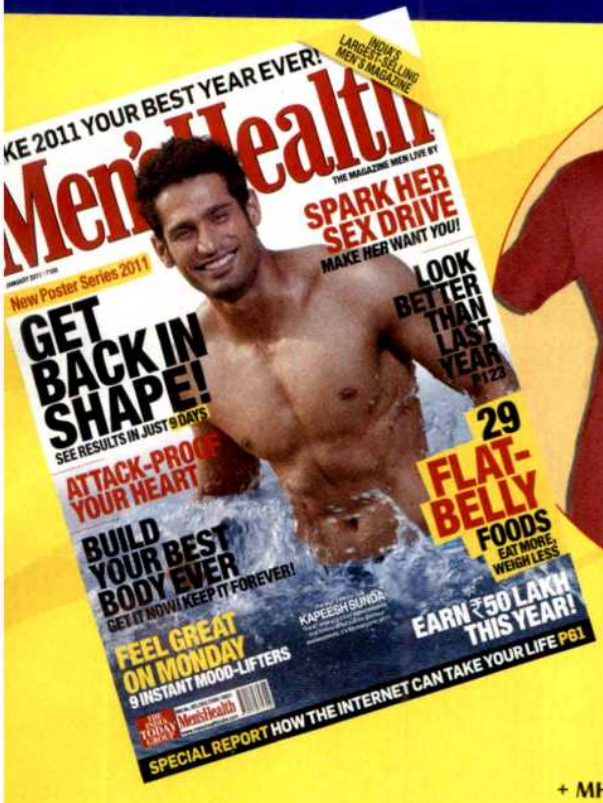

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REASONABLY RIGHT

Merging affordability, reliability and some great technology, we bring you six cool budget gadgets that are expected to be the hot buys of 2011

BY SULABH PURI

Till a little while ago technology was considered a luxury, when today it is the premise of human existence. In such a scenario, hefty price tags are creating a 'digital divide' which keeps many consumers away from the latest innovations in the field. Bridging this divide, companies across the globe bring out gadgets which are affordable yet swift. We check out the desirability quotient of some top budget devices you can stock up in 2011. Priced at less than ₹10,000, the worth of these isn't synonymous with their price tag.

NIKON S5100

Nikon recently launched a great entry level compact camera that can give some of the pro devices a run for their money. The S5100 is a good looking point-and-shoot that gives you some great pictures. This one has got 12.2 megapixels detailing every image, so expect great clarity. It can zoom five times optically and record videos in 720p HD mode. Users can preview images on a bright 2.7 inch LCD which also shows various shooting modes and other functions of the camera. The rechargeable Li-Ion battery allows up to 200 shots or 1.4 hours of HD video on a full charge. At just 115 gm, this camera is a also quite handy. Accompanied by a carry-case and a 4 GB memory card, it's click-ready!
Price: ₹9,950

Specs:
- 12.2 MP image sensor
- 4,000 x 3,000 image resolution
- 5 X optical zoom
- 720p HD video recording
- Rechargeable Li-Ion battery
- 115 g

NANO MULTI-TOUCH 8GB

The latest offering from the iPod camp is the iPod Nano Multi-Touch, in the touch screen series. Shedding a lot of weight, this version of Nano is almost as small as the Shuffle. But the most intriguing feature is the multi-touch LCD screen. Listeners can tap, slide and swipe through the menus and songs.
Price: ₹10,000

Specs:
- 8 GB space
- 1.54 inch screen
- FM Radio
- 24 hours playback
- 0.35 inch slim
- 21.1 g

Specs:
- Single BD/DVD/CD slo
- Full HD 1080p video
- DVD upscaling
- 2 USB/HDMI/Component/Ethernet ports
- 2 kg

Specs:
- 2 MP camera
- FM Radio
- MP3 Player
- Expandable memory upto 16GB
- 2.4 inches 3D display screen
- GPRS and WAP

SONY PD S370 BD PLAYER

Everybody knows Blu-ray Disk players are the future. Like DVD players before them, BD players are also becoming cheaper by the day. The best example of this is Sony's S370, an inexpensive player that can do everything that the big boys do. To start with, this player has a USB slot to play media from. Just download your favourite movies, music or images to a pen drive, attach to this player and watch on the big screen. Moreover, it is internet-ready so you can easily browse content from websites like YouTube.
Price: ₹9,990

SPICE VIEW D M-67

When most of the phone honchos seem to be banking on dual SIM slots or touch screens, Spice decided to do something different. They produced India's very own 3D mobile phone. Best part: this phone does not force the user to put on gawky 3D glasses, like the 3D TVs do. Some pre-loaded 3D content comes with the phone memory and more is in the production pipeline. Users can toggle between 2D and 3D modes with the touch of a button. Other features include a 2-megapixel camera, FM radio, MP3 player and expandable SD card memory upto 16 GB. Also, in case the phone gets stolen, the user can send an SMS to the phone with a code which can remote wipe the phone memory. A nifty gadget that doesn't cost the earth and does a good job. The View D is good looking too.
Price: ₹4,299

LG CLASSIC TV

Seeing the LG Classic, you would think you got trapped in a time warp. Either that or LG built this TV in the 1960s, but forgot to launch it till now. This TV does bring back a sense of nostalgia and is obviously aimed at people who like retro. Well, it works. Based on the slim line design, this one is 40 per cent thinner than the usual colour TV (CRT). It has a mono-speaker that can produce 5W RMS sound and sports detachable legs and retro knobs. A delight!
Price: ₹6,990

SPECS:
- 14 inches screen
- Detachable legs
- Mono speakers
- 5W RMS sound
- Rotary style knob

SAMSUNG ML1666 LASER PRINTER

It's amazing how much smaller and cheaper an average printer has become since 2009. The awesome ML1666 is the world's smallest laser printer, and among the fastest, producing 16.5 monochrome pages within a minute. The prints stay sharp and clear, it can hold 150 sheets in the tray, works on USB 2.0., and a single ink cartridge lasts for about 1,500 prints.
Price: ₹5,499

SPECS:
- 16.5 PPM normal mode
- 150 sheet cassette
- 150 MHz processor
- 8 MB memory
- USB 2.0 interface
- 1200 x 600 DPI resolution
- 4.2 kg

POWER TECH

The world of big business is the one area of human activity that is most dependant on technology. The country's top executives give us the low-down on the machinery that aids them through it all.

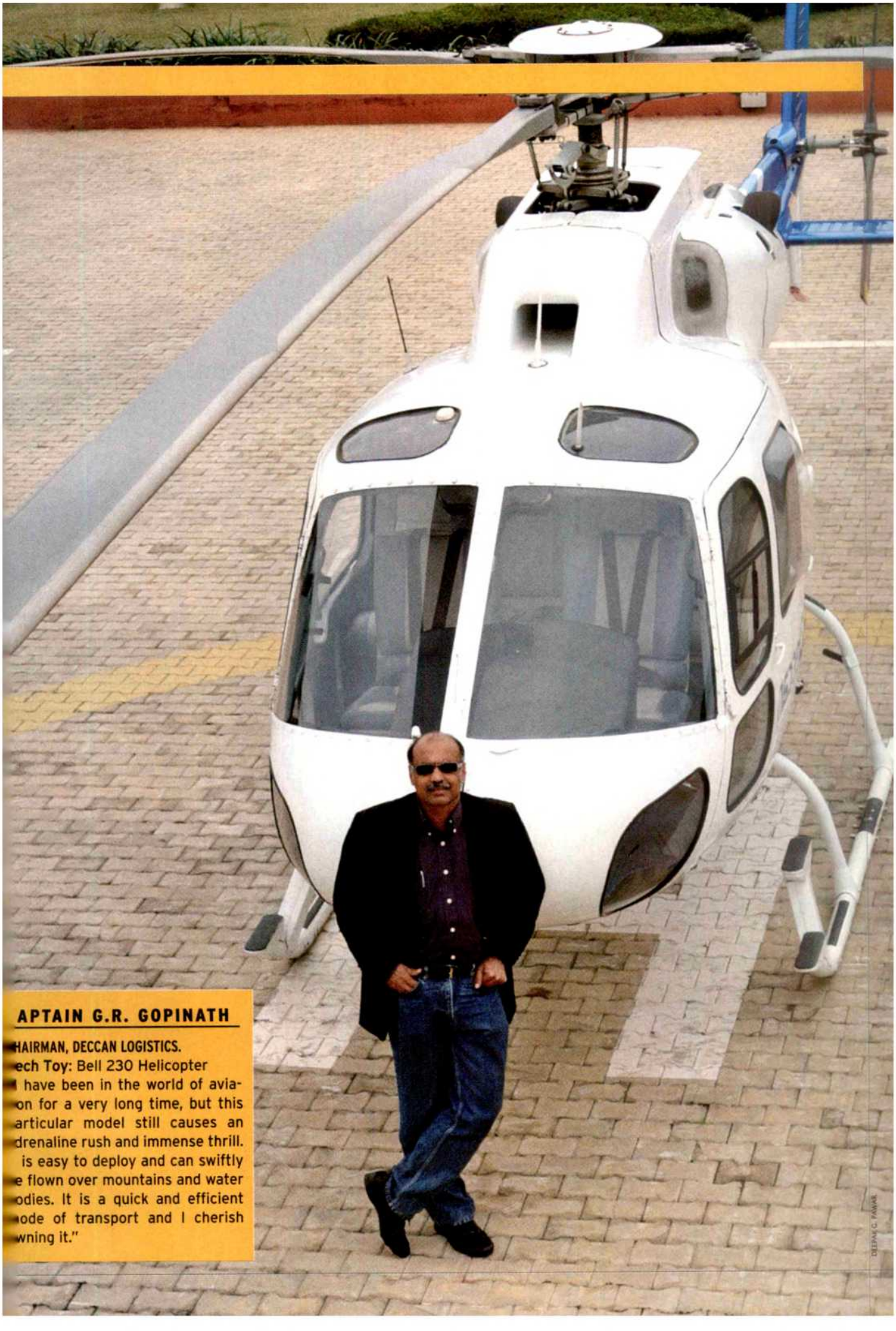
BY HITANI KAUR

It's hard to imagine our lives without today's ubiquitous technology organisin dictating, and simulating our days and nights. But the people to whom cuttin edge technology makes a world of difference are the men who run the businesses that touch our lives everyday. Some of the top executives in the country t us about their tech toys: from indulgences to necessities, and all points in between, they have it covered. Here's a glimpse into their tech world.

REUBEN SINGH

SUMIT KUMAR

EXECUTIVE DIRECTOR, OLYMPUS CAPITAL.
Tech Toy: Canon EOS 5D camera MacBook Pro.
"Photography has been a hobby with me for almost 30 years now. bought the Canon about three years back for it's digital format Right from shooting till the poin of results, the digital process is simplified and much faster. I ther use my Mac to edit my shots, as it's very user-friendly and the screen is extremely vivid."



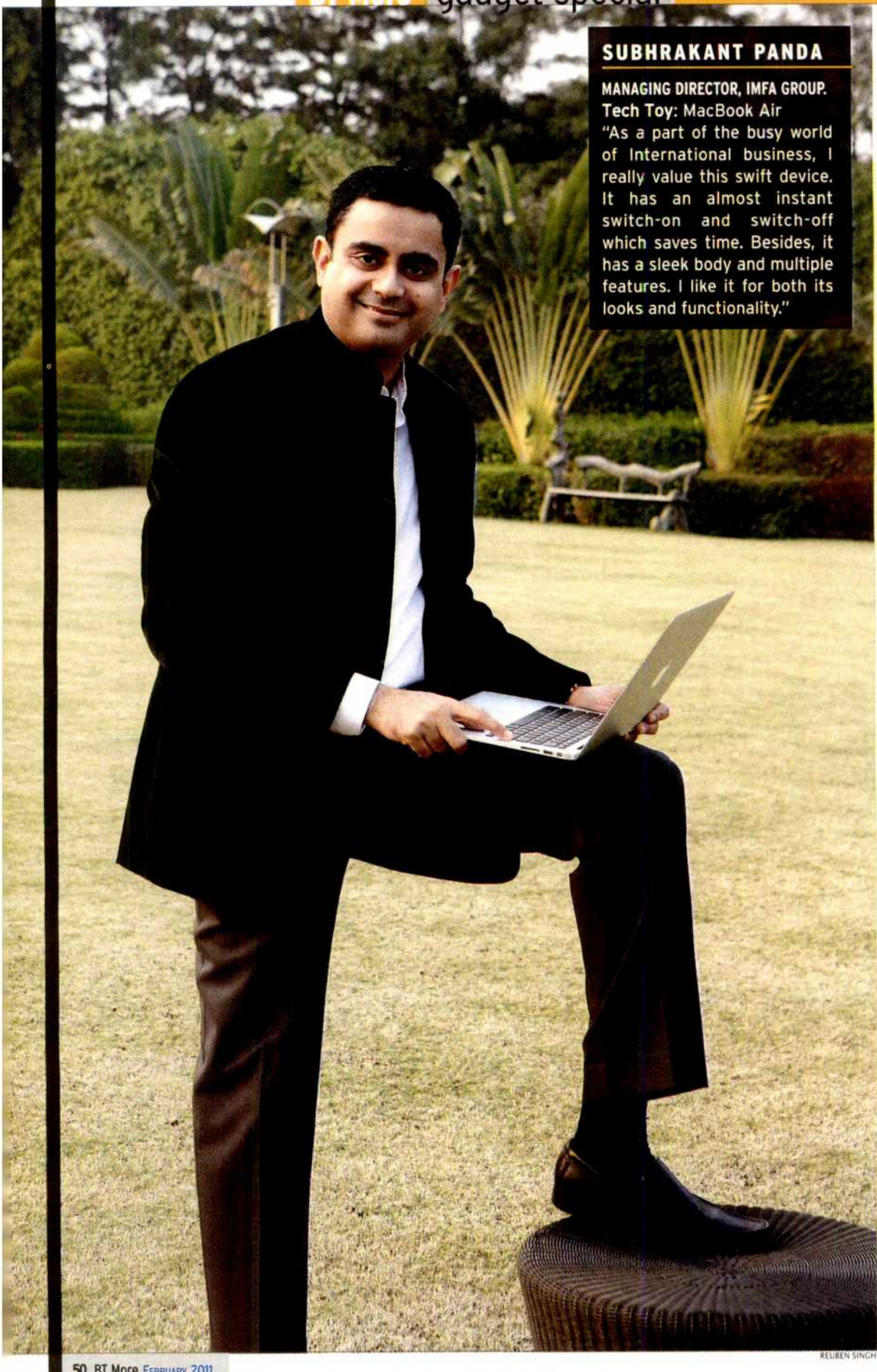
APTAIN G.R. GOPINATH

HAIRMAN, DECCAN LOGISTICS.

ech Toy: Bell 230 Helicopter

I have been in the world of avia-on for a very long time, but this articular model still causes an drenaline rush and immense thrill. is easy to deploy and can swiftly e flown over mountains and water odies. It is a quick and efficient ode of transport and I cherish wning it."

DEEPAK C. PAWAR



SUBHRAKANT PANDA

MANAGING DIRECTOR, IMFA GROUP.
Tech Toy: MacBook Air
"As a part of the busy world of International business, I really value this swift device. It has an almost instant switch-on and switch-off which saves time. Besides, it has a sleek body and multiple features. I like it for both its looks and functionality."

REUBEN SINGH

ATUL WASSAN

FORMER INDIAN CRICKETER, CRICKET COMMENTATOR, AND ENTERPRENEUR.

Tech Toy: AUDI Q7

"I bought my Q7 a couple of months ago. It's very sturdy, sports excellent safety features and has great aesthetics. The attachment Audi has with beauty and quality, is what attracted me and eventually lead to the buy."

VIKRAM SHARMA

DR NISHITH CHANDRA

DM (CARDIOLOGY), ESCORTS HEART INSTITUTE.

Tech Toy: MapmyIndia GPS.

"For me, as a cardiologist, time is the key factor between life and death. This GPS maps out my route accurately and gets me to the destination in good time. This is one gadget all car manufacturers should definitely incorporate in their vehicles."

VIKRAM MADHOK

MANAGING DIRECTOR, ABERCROMBIE & KENT INDIA PVT LTD

Tech Toy: BlackBerry Bold; Sony Notebook

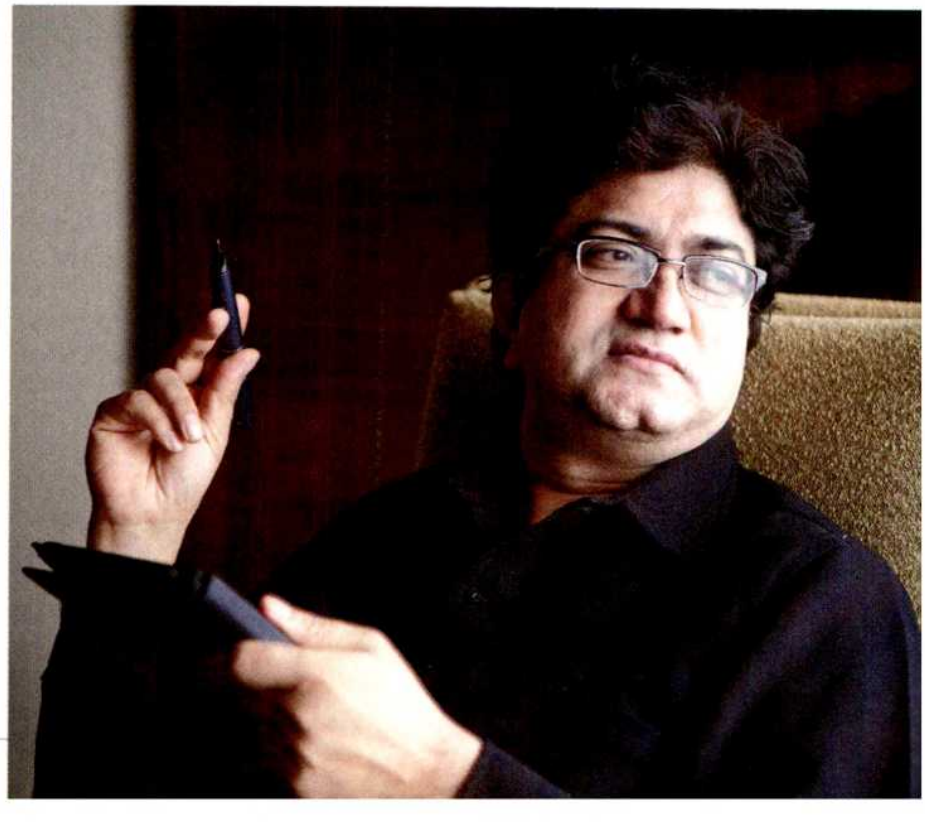
"Being in the dynamic world of Tourism, I find my BlackBerry Bold to be an extremely useful communication gadget, as real time responses are expected in today's competitive environment. The second business tool I carry while traveling is my Notebook as it is light and user friendly."

PRASOON JOSHI

ENTREPRENEUR, AD GURU AND WRITER.

Tech toy: The iPad

"The device is extremely easy to use and carry. I can connect to the internet any time, read books, magazines and listen to my music. I also use it for my writing work and an occasional game of Scrabble with my wife."



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WHY DID I MARRY YOU ANYWAY?

Having a tiff? There's an Apple application claiming to resolve the fight before you search through the directory for a marriage counsellor. We put it through a test.

BY CHRIS AYRES

In truth, there are few reasons why we should expect a marriage to work. It is, after all, an outmoded social arrangement involving the cohabitation of two physically and emotionally incompatible human beings, each with their own similarly incompatible friends, families, pets, Facebook settings and Chinese-take-away preferences. And yet we get married, which—if you believe the pronouncements of statisticians on both sides of the Atlantic—has a 50 per cent chance of reaching an unhappy conclusion. Indeed, few endeavours in the history of our species, from pyramid investment schemes and jet packs to aerosol cheese and novelty records by footballers, have such a consistently abject record of failure as the legal union of a man and a woman.

Nevertheless, we persist. And so we must find ways to cope with the byproduct of our repeated attempts to defeat human nature: the marital tiff. Granted, it might not sound like such a big deal, a tiff—but those who've experienced a particularly gruelling one know it can amount to a kind of waterboarding of the soul. To fully appreciate the horror, it's best to spend an evening with two people who regret their wedding vows intensely but lack the courage to hire lawyers. If harnessed, the negative energy generated by such individuals could eliminate the world's need for carbon-based fuel sources overnight.

Naturally, businesses have long been trying to find a way to capitalise on this purgatory. And now, finally, they have. After years of door-slamming and plate-smashing in top-secret research facilities across the globe, a potentially revolutionary tool is being offered to dysfunctional couples. Yes get ready for marriage-fixing iPhone apps If only Tiger Woods and Elin Nordegren had been able to get hold of one, that whole angry-blonde-with-a-nine-iron episode might never have happened.

Likewise, Sandra Bullock might have forgiven her motorcycle-tinkering ex husband, Jesse James, for the unfortunate photograph of him doing a 'Sieg Heil' while dressed in an SS officer hat (not to mention his dates with a swastika-wearing stripper named Michelle 'Bombshell' McGee).

So, how do they work? Well, like all iPhone software applications, these marital aids are purchased via the App Store, using an Apple account, and then loaded up onto the iPhone's home page. A number of titles are available: Fix a Fight, Mind over Marriage, Marriage Fight Tracker and

Marital discord is as old as the hills, but businesses are finding new and innovative ways to capitalise on domestic tiffs

AFTER YEARS OF DOOR-SLAMMING AND PLATE-SMASHING IN TOP-SECRET RESEARCH FACILITIES ACROSS THE GLOBE, A POTENTIALLY REVOLUTIONARY TOOL IS BEING OFFERED TO DYSFUNCTIONAL COUPLES

Why Did I Marry You Anyway? Most of the apps are straightforward in the way they work (disappointingly so). Marriage Fight Tracker, for example, is little more than a list of 10 marital rules (my favourite: "Never win") and links to various YouTube self-help videos, plus a handy audio recording function, in case you ever feel like reliving an early morning row over who last changed the cat litter. As for Why Did I Marry You Anyway?, it's merely a collection of soothingly designed cue cards, featuring such wisdom as "Infatuation does not last".

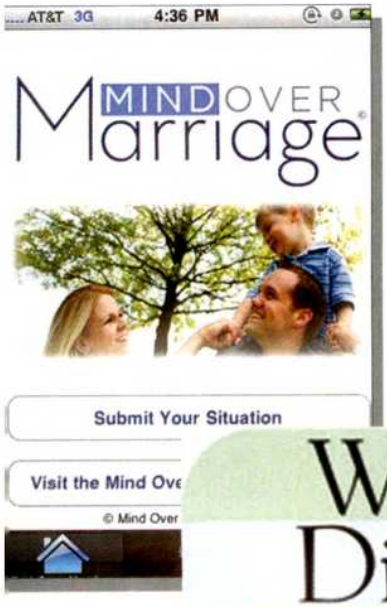
Then there's Mind over Marriage, an app that acts as a gateway to a more elaborate subscription service and an almost hilariously depressing collection of case-study fights between spouses, including an argument over the cost of a child's terminal-cancer treatment (after reading it, you'll want a gun app, to shoot yourself!)

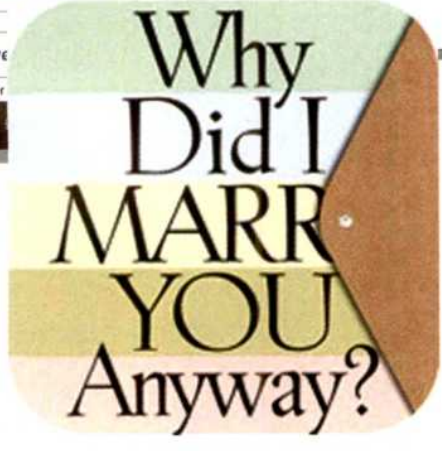
Just one of the apps, Fix a Fight (developed by a Kansas psychotherapist called Mark McGonigle), makes a serious attempt to automate the resolution of tiffs, using an interactive step-by-step process, a bit like you're, say, applying for a mortgage online. It therefore seemed only right to at least try it out on my own marriage. After all, if an iPhone can solve a couple's problems as effectively as Google can settle a pub debate, then who wouldn't want to use it? Especially for just three quid (or rather $5 (₹226), as it's not yet available via Apple's UK App Store).

Of course, it is worth mentioning that my wife, Lucie, and I are a statistical anomaly, in that our union is one of unimaginable love and fulfilment—apart from when we argue. In those moments, we are a living, breathing reassurance to every bachelor that they are making the right lifestyle decision. Sources of conflict are many: my wife's insistence on customising every conceivable restaurant order, to the point where she asks for a caesar salad without croutons or cheese and a different kind of dressing; or my own appalling sense of direction while driving and reluctance to acknowledge mistakes or correct them with illegal U-turns. For Fix a Fight, however, Lucie and I chose a more routine disagreement.

Basically, the problem is this: my wife likes to pour herself a glass of water, then

ILLUSTRATION BY SACHIN RUHIL





APPS FOR MARITAL BLUES

These apps are compatible with iPhone, iPod touch, and iPad. Requires iOS 4.1 or later:

Fix a Fight: An interactive step-by-step process to resolve tiffs between couples

Mind over Marriage: The web-based subscription service uses a a collection if case-study fights between couples to address marital problems

Marriage Fight Tracker: This app keeps track of your arguments and includes date, description, and other details. It includes 10 rules for a couple to follow every day.

Why Did I Marry You Anyway?: It's a collection cue cards, featuring wordly wisdom about marriage

eave the empty glass wherever she finishes it, so that it can e refilled at a later date without the need for a new glass a dubious claim to environmentalism). Often she has ultiple glasses on the go in multiple locations. I suspect hat bloody-mindedness plays a bigger part in this strategy han water conservation. Occasionally the glasses get put n the dishwasher prematurely. This makes me happy, as I ke an uncluttered kitchen. It drives Lucie insane. If ever here's been a job for Fix a Fight, this is it.

When we sit down together with the app, it first asks us enter the name of our conflict. That's easy: Premature lass Washing. Then we both have to name our feelings, iving them a score of one to five for intensity: I choose ritated, level three; Lucie opts for angry, level four. Then e app takes us to a page featuring an overlong parable bout blind men and an elephant, which leads to a request r us to "Share our subjective realities". We do this by talk-g to each other, then typing up a summary on the screen. fter that, we rate how well we listened to each other (five t of five for both of us). After this comes a section entitled dentifying with your partner's story", where we're asked acknowledge that some part of what the other is saying has an element of truth. At this point, boredom is setting in. Maybe that's the point. Then comes "self-soothing", when the app tells us to go for a walk, breathe deeply or imagine a safe place. By now we're openly sneering. Then comes yet another stage: pledging to do things differently next time. I promise not to move any more glasses without prior consultation. Lucie promises to tone down her reaction if she suspects a pre-emptive strike has occurred.

Finally, the application wants us to re-evaluate our feelings. To be honest, though, having confided so much in a mobile phone about such an inconsequential disagreement —and taking so much time to do it (20 minutes)—I feel more like re-evaluating my mental health. Lucie, meanwhile, doesn't even wait for the final statistical analysis of our emotional transformation (the change in feelings and their respective intensities throughout the session) and leaves for a lunch appointment.

Still, now that a few days have passed, I must admit that having given so much attention to our tiff via such non-threatening means, we did manage to neutralise what little real venom was building in our glasstidying clashes. Which raises a curious question: by working this out now, did we prevent ourselves from becoming one of the 50 per cent of projected marital flame-outs? And if so, might an iPhone app ultimately have saved our marriage and be responsible for the survival of the Ayreses as a family unit? The very suggestion is, of course, ridiculous. ■

(Courtesy: The Sunday Times)

KEEP PACE

Fast cars, bikes and boats. Racing tidbits from around the world

FORMULA 1

Alain Prost Returns

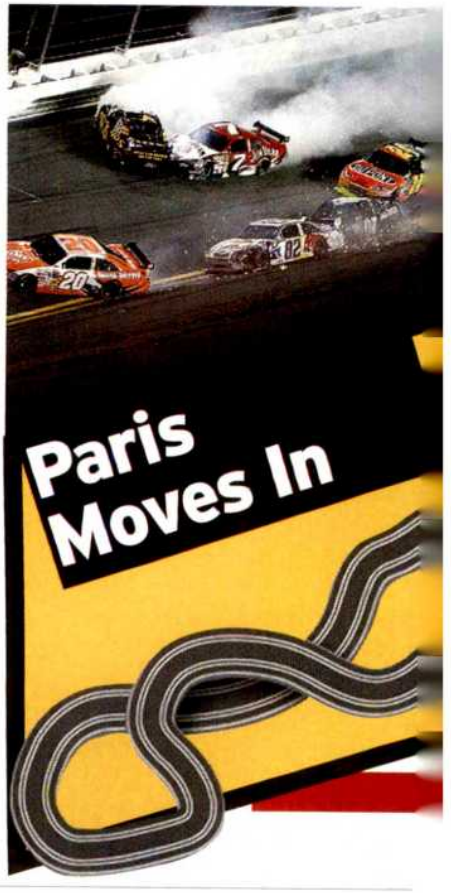
Once the driver with the most F1 wins under his belt, Alain Prost is every bit the legend. Between 1980 and 1993, the French master landed a phenomenal 51 victories, including 33 pole positions, 41 best laps and over a 100 podium finishes. His record has since been bettered only by Michael Schumacher, but for many, Prost is still the ultimate driver—calm and unflappable. He returns this year as TAG Heuer's brand ambassador for the watch brand's 150th anniversary celebrations. As a part of TAG's 'Mastering Speed for 150 Years', Prost will be joining other racing hotshots like Lewis Hamilton, and Jensen Button in promoting the brand through the year. All through the rest of the coming year, Prost along with the Vodafone McLaren Mercedes stars and a bunch of Audi drivers will be appearing for TAG's various promotional events. When he's not posing for the cameras, Prost will be indulging his love for racing by participating in the Andros Trophy.

ALAIN PROST IS ONE OF THE UNDISPUTED LEGENDS OF FORMULA 1 WITH A GLITTERING CAREER OF 51 WINS AND AN ALL-ROUND NICE GUY TO BOOT

NASCAR

Speed Thrills

As far as NASCAR races go, the Daytona 500 is always the one to watch out for with its thrills, spills and epic wrecks. Well, now if NASCAR's drivers are to be believed, this re-paved track can do even better. And by better we mean higher speeds—over 320 kmph; cars in tighter packs—three cars abreast; and of course, more pile-ups. According to the defending winner of the Daytona 500 Jamie McMurray, this will make the race a more rivetting one. The current top-speed is at 318 kmph, but with a better grip that will now change. Next season is going to be good!



EQUESTRIAN

A Close Shave

oasting of the US's second oldest track, the Maryland Jockey Club is going through something of a purple-patch right now. It is home to the famous imlico race-track, which hosts the Preakness Stakes, one of the Triple Crown equestrian races in the world every year. After a long period of uncertainty hen it seemed that the race-track, along with Laurel Park, would be shut down rever, the club's managers along with the Maryland Thoroughbred orsemen's Association and the Maryland Horsebreeder's Association have ecided not to give over the historic premises for a housing strip id instead conduct the usual 146 days of racing rough the year. Good news for horseracing thusiasts the world over.

If MotoGP wasn't drowning in glamour girls and celebrities! News has st come in that the über-socialite and heiress to the Hilton empire, Paris Hilton, has decided to own a MotoGP team of her own. It won't be all hers though, as she will go into a co-owner-ship deal with By Queroseno Racing. The team will be called SuperMartxé VIP by Paris Hilton and it will be competing for the 2011 125cc World Championship.

E LEGENDARY SAILOR JEAN LE CAM HAS FINALLY GOTTEN OVER AN ALMOST FATAL ACCIDENT OFF CAPE HORN TWO YEARS AGO ND IS HEADING THE ECOVER 3 AT THE BARCELONA WORLD RACE

FORMULA 1

Petrov's Year

There's a lot happening behind the scenes of F1, with teams changing drivers, changing management and doing everything possible to make the next season a success. And with the sensational 2010 season behind us, the upcoming one has a pretty tough job on its hands. One interesting bit of news was that of a move that didn't happen. After a moderate year with Lotus Renault, the Russian ace driver Vitaly Petrov was linked with a move to other teams. However, he's decided to stay on with Renault and concentrate on getting a good rapport going with teammate Robert Kubica. Widely tipped to be a great driver, 2010 was Petrov's debut year. So while the likes of Sebastian Vettel and Fernando Alonso were burning up the tracks, Petrov was having a quiet year, learning the nuances of the world's premier motorsport. He reckons that 2011 will be the year when he fulfils his potential and performs to the best of his abilities. Renault must be hoping so too.

Track and wield

Check the desirability quotie

AC100 by Toshiba

If machines were an extension of a personality, then Toshiba's latest and first-of-its-kind AndroidTM platform MID, the AC100, would be for the über-cool. The laptop comes with a full-size keyboard and uses the new NVIDIA Tegra technology to process heavy content without a hiccup. A seven-day battery standby for mixed use, a rapid start-up of less than a second and a super slim body that weighs just 870g, makes sure you don't fret while on the move. To top that, there's the Clear SuperView screen with LED back lighting that offers fabulous onscreen visibility.

Price: ₹18,721

Bel Arbor Vineyards

The recent surge in the number of wine drinkers in India has made Brown Forman add another brand to the country's winelist. Grown and bottled in California since 1982, Bel Arbor wines are noted each year as one of the top 100 in America. Four varieties are currently sold in India: White Zinfandel, Chardonnay, Merlot and Cabernet Sauvignon. While the whites (Zinfandel and Chardonnay) go best with grilled seafood, fish and chicken; the other two reds pair well with red meat, pastas and biryani.

Price: ₹1100 for 750ml

Sony's NEX series

It's one thing to be a camera; quite other to be the focal point of desire. The new NEX series from Sony—NEX-5 and NEX-3—the world's smallest and lightest interchangeable lens digital cameras easily click with the second category and deliver DSLR quality images. In addition, the NEX-5 gives you the option of making full HD 1080i videos in AVCHD format, and of course the bragging rights. Features include a 14.2 megapixel sensor, background de-focus, 7fps high speed shooting and 3D sweep panorama. An instant hit.

Price: NEX-5: ₹34,990; NEX-3: ₹ 29,990

Wrangler's Deep Winter

Be the toast of the town this winter with Wrangler's range of Deep Winter Wear. With stylish jackets, sweaters and pullovers in a variety of colours, designs and fits, this collection will make you want to flaunt your style. Staying true to its biker image, back motifs, foil prints and graphics wheel their way into the collection and add a touch of biker chic.

Price: ₹600 to ₹3,000

Fisher Collection by Firefox Bikes

Every year a host of new mountain-bikes are introduced, but there are only a handful that stop us in our tracks. One of them is the latest by Firefox Bikes that has launched the Gary Fisher Collection, a line of Trek Bikes in India. A product of mountain biking icon Gary Fisher's vision and creativity combined with the engineering excellence of Trek USA, make these one of the finest mountain-bikes in the world. Launching an initial three models including the very latest 29er, a bike with 29-inch wheels as compared to the standard 26, additional models will be added every year. Grab your gear, choose from three models—the Marlin, Wahoo and Advance—and hit the track.

Price: ₹23,880 onwards

TAG Heuer Accessories

While the brand is best known for its watches, Tag Heuer also offers a vast range of leather accessories for men that ooze style, class and elegance. Choose from three distinct collections—classic, racing and vintage—with an array of wallets, card-holders, and key-holders, that organise and accessorise you to perfection. Tag 'em along!

Price: ₹7,000 to ₹12,500

Modern Dandy by Ravi Bajaj

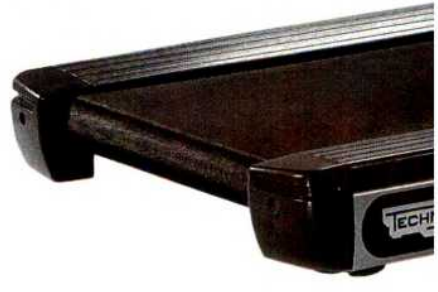
If you believe that accesorising is a way of self-expression, you'll love the latest range of accessories—comprising shoes, belts, ties and cashmere scarfs—by renowned designer Ravi Bajaj, that is best suited for a Modern Dandy. Covering a range of shades—from black and purple to beige among other colours—they do a great job of adding class to your wardrobe. However, despite adopting a youthful slant, the collection still remains classy by way of the meticulous attention to detail and innovative finishes which integrate the label's established look seamlessly. So if stylish is what you're looking for, head to your closest boutique, and accessorise to make your outfit pop.

Price: On request

Jog Now from Technogym

This latest treadmill was a recent winner at the Red Dot Design Awards. A synthesis of cutting-edge technology, innovative design, and quality material, this is the ideal unit for your home. Available in New Black and Classic Silver, It is part of the brand's latest range, Excite+, and features a delightfully simplified user interface. Designed to ensure maximum comfort, a low deck height of eight inches makes it extremely accessible while the machine provides feedback on parameters such as calories burnt, distance covered and heart rate. The treadmill comes with a 15 inch Vis display which makes sure that your mornin news blend well with your workout session. Jog Now, won't you?

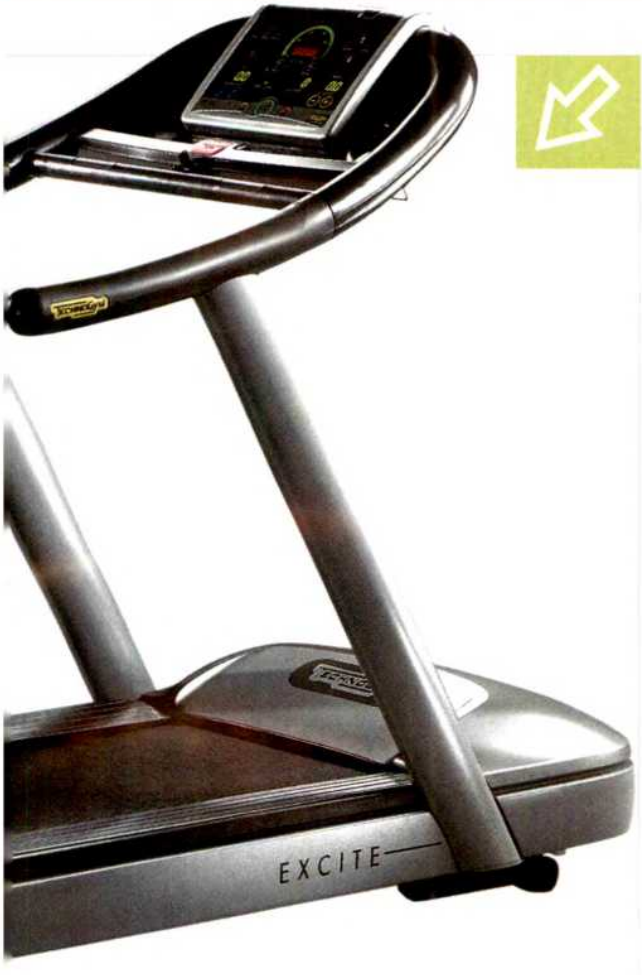
Price: ₹6 lakh

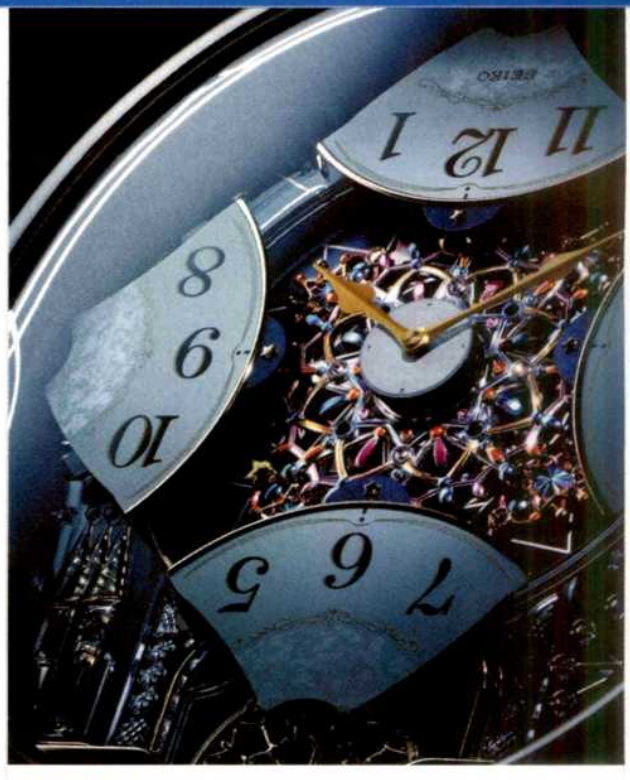


Diesel's Tracker Collection

Inspired by military gear, the latest Tracker Collection by Diesel is made for maximum agility, speed and strength. The molded and stamped grooves in the watches lead to the weathered look in graphite grey, while yellow and off-white counterbalance the brushed gunmetal in high contrast. Mirror tracking impressions play off the gunmetal while the vehicle-like markings define the watch collection. Designed by the Diesel Creative Team, this latest Diesel Timeframes 2010 Collection lives up to the brand's macho and rugged image.

Price: ₹5000 to ₹8000





Seiko Clocks

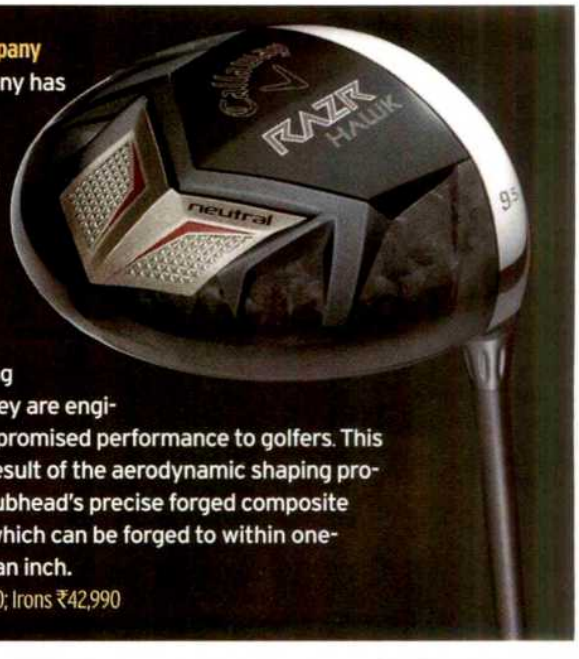
Seiko clocks are known for their inspired style and distinctive heritage. In the latest Melodies in Motion collection, the quadrants of the clock expand from their traditional circular face to abstract designs that reveal 20 colourful LED lights which are synchronised with classical music. A perfect blend of classic design and contemporary mechanism, these timepieces bring unmatched charm to any wall they adorn. Price: ₹32,500

Boots by Alberto Torresi

Exclusivity comes home in this pair of leather boots by Alberto Torresi's latest collection. From making a commendable fashion statement to giving oneself a trendy look, men get all the advantage with this designer brand where they can choose from a wide range of rich colours. In addition, the high standard of technology used in the footwear places the brand amongst the finest in the global market.

Durability, comfort, elegance and style come together in this must-have for all.
Price: ₹2795

RAZR by Callaway Golf Company



The Callaway Golf Company has launched the new RAZR platform of products which includes the RAZR Hawk Driver, RAZR Hawk Tour Driver, and RAZR X line of irons. Introducing Streamlined Surface Technology to drastically reduce the drag during the downswing, they are engineered to provide uncompromised performance to golfers. This achievement is a direct result of the aerodynamic shaping provided by the clubhead's precise forged composite construction, which can be forged to within one-thousandth of an inch.
Price: Driver ₹21,990; Irons ₹42,990

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Director of Sales & Marketing, Glenfarclas

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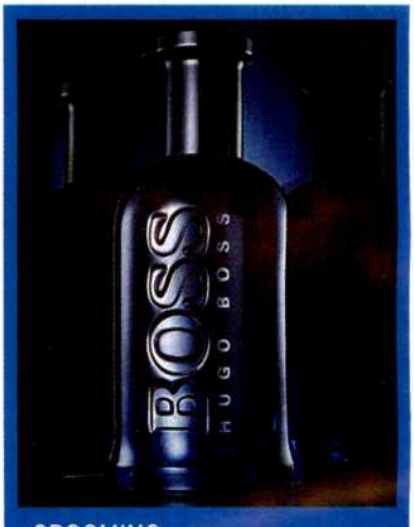
Cocktail: Rob Roy
Restaurant: The Kitchin, Edinburgh

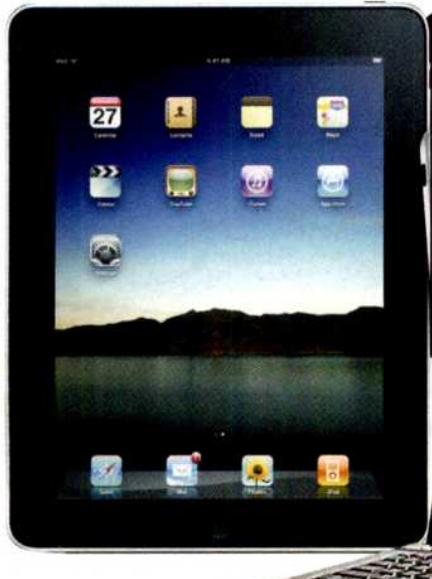
HOME ESSENTIALS

Where do I live: Uphill in Scotland
Car: Mitsubishi Shogun
Tablestand book: *101 Whiskies To Try Before You Die* by Ian Buxton
Dinner set: Denby
Pets: A golden Labrador called Cisco



GROOMING

Moisturiser: Nivea
Perfume: Hugo Boss
Hairdresser: None in particular
Shoes: Kenneth Cole
Suits: Tailormade in Hong Kong
Shirts: Made-to-measure shirts from Shanghai
Shampoo: Rusk
Shower gel: Lynx
Sneakers: Nike

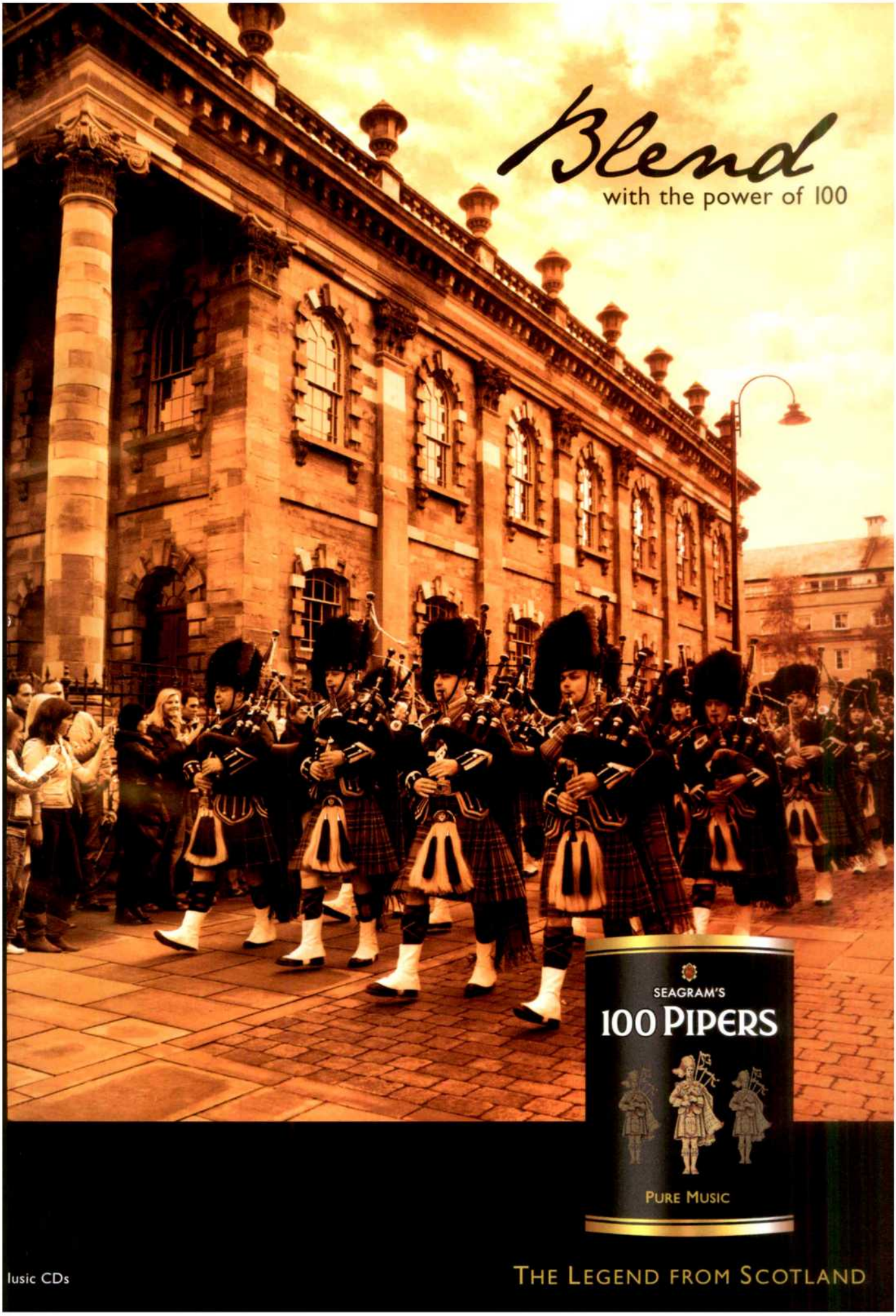


GADGETS

Handheld: Blackberry
Laptop: IBM Lenovo
Laptop bag: Base XX
Watch: Tag Heuer
Stereo: Technics

MEDIA

Daily paper: The Scotsman
TV news: BBC News
Magazines: GQ
Websites: www.glenfarclas.co.uk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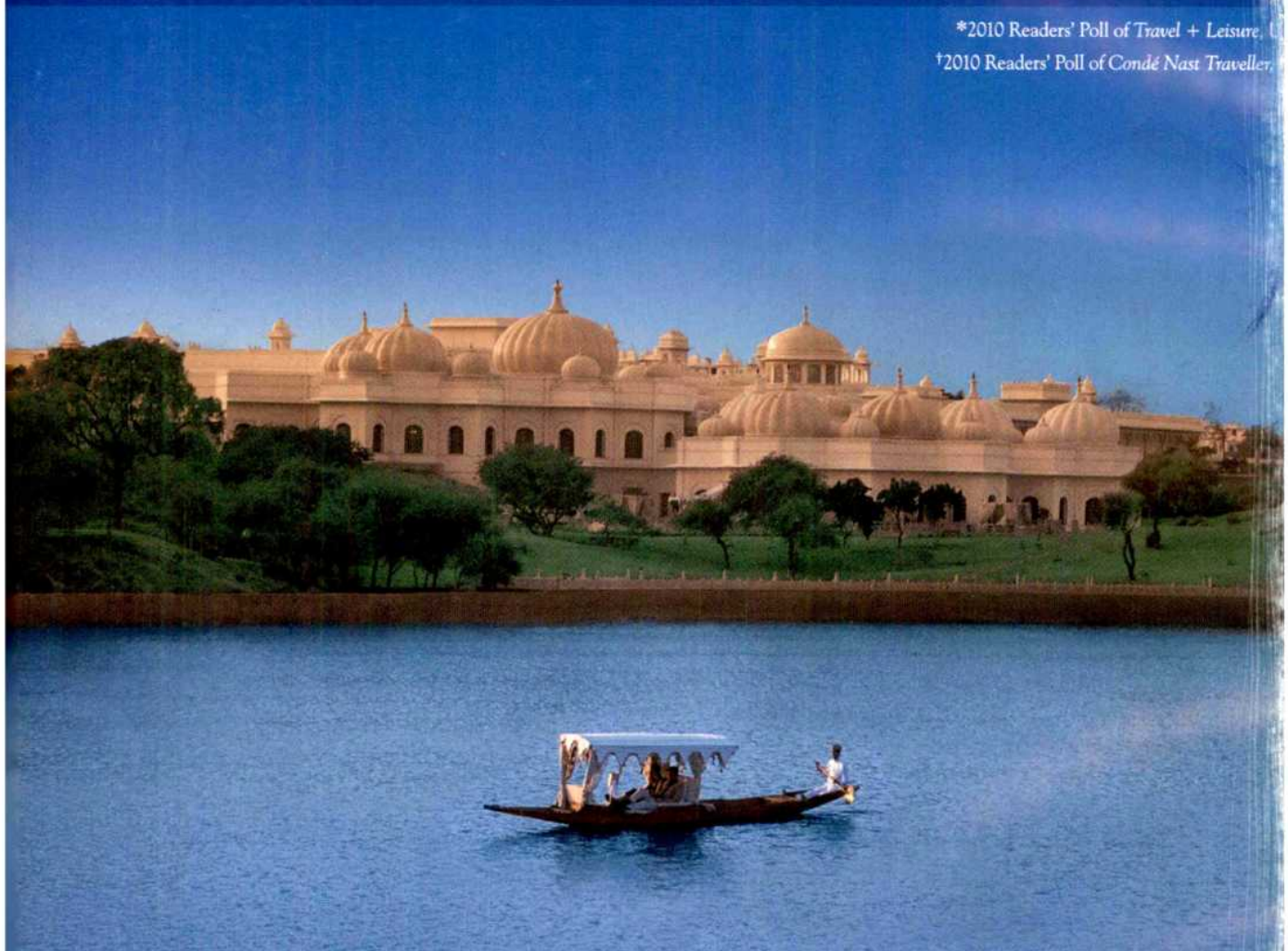

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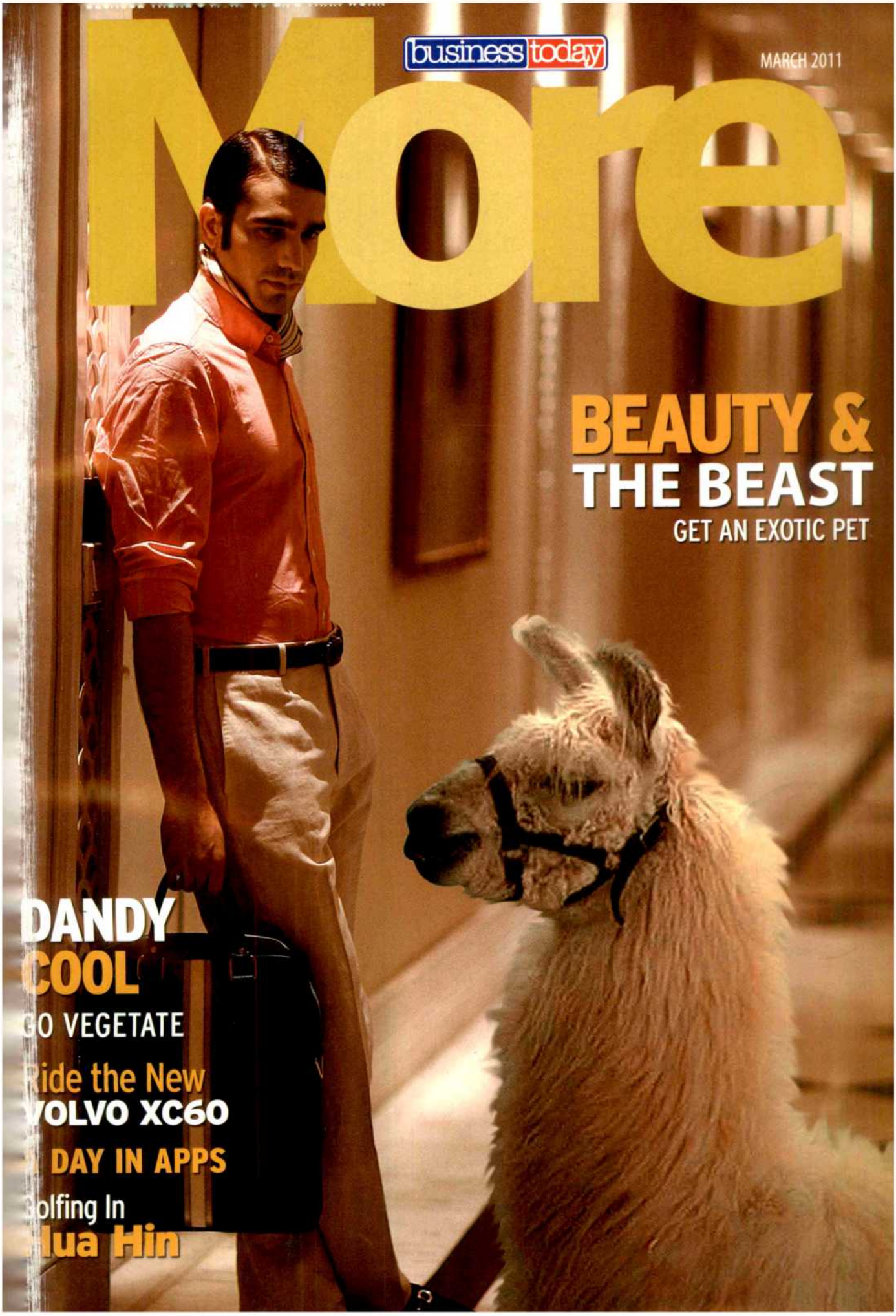
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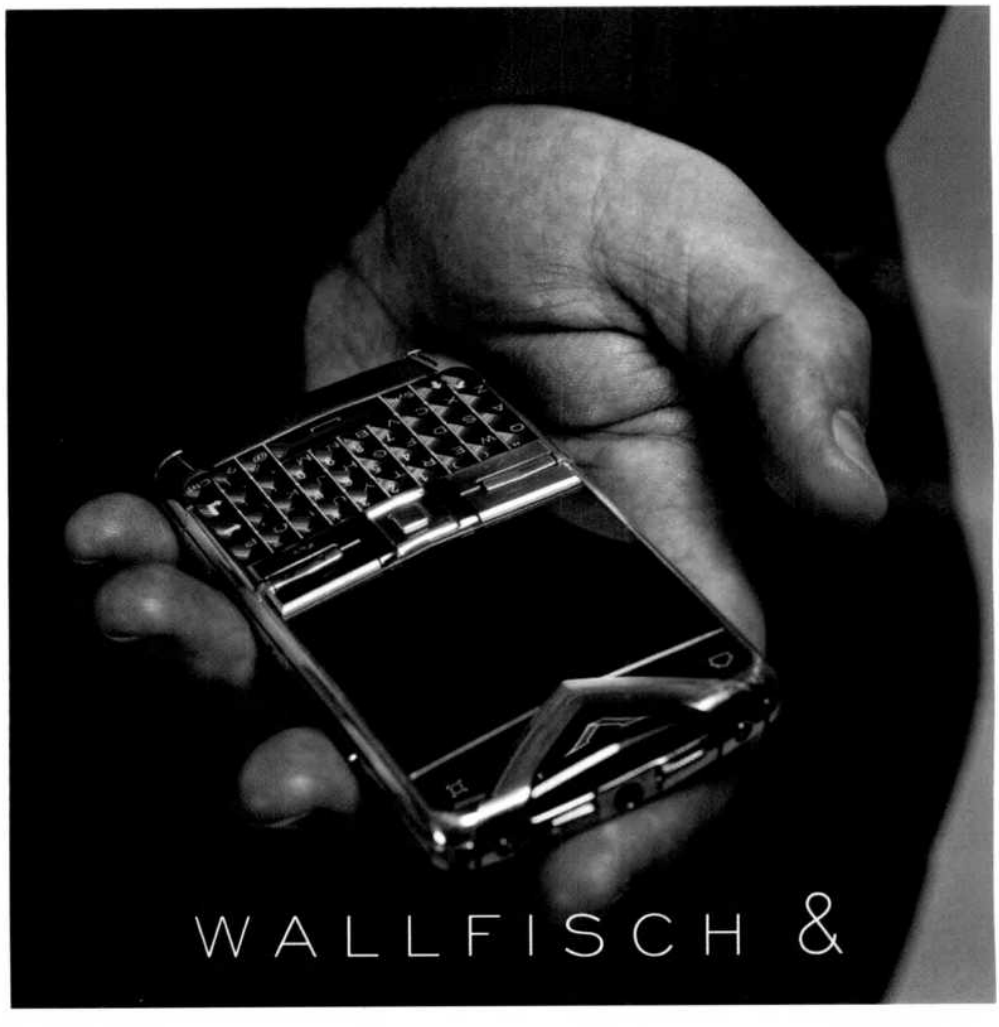

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THE INDIA TODAY GROUP

Volume 5 Number 3; March, 2011

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Printed and published by Ashish Bagga on behalf of Living Media India Ltd. Printed at Thomson Press India Ltd., 18-35 Milestone, Delhi Mathura Road, Faridabad-121007 (Haryana); A-9, Industrial Complex, Maraimalai Nagar, District Kancheepuram-603209 (Tamil Nadu); and at Plot No. 5-5A, TTC Industrial Area, Thane, Belapur Road, Airoli, Navi Mumbai-400708 (Maharashtra). Published at K-9, Connaught Circus, New Delhi-110001.

India Today does not take responsibility for returning unsolicited publication material.

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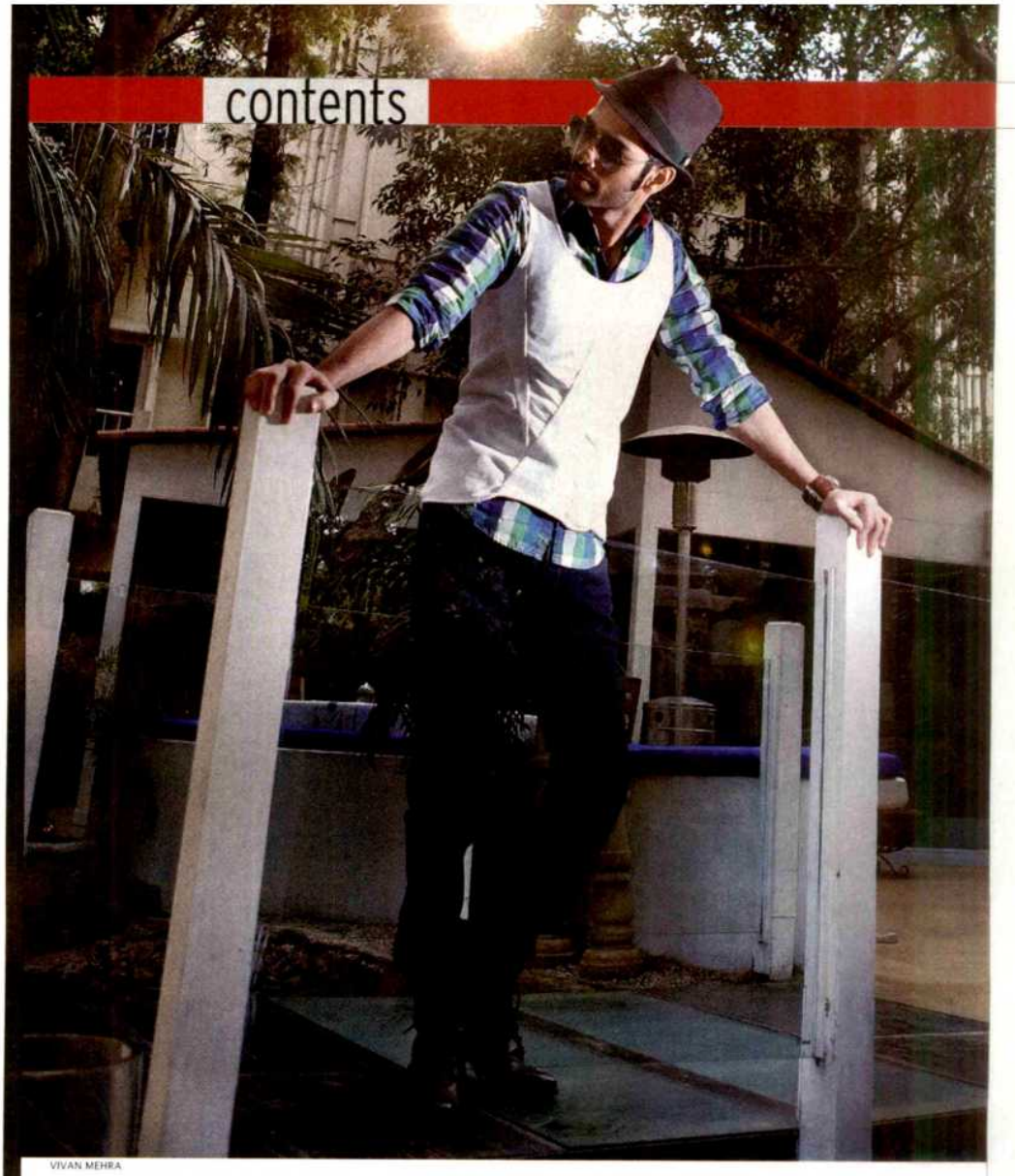

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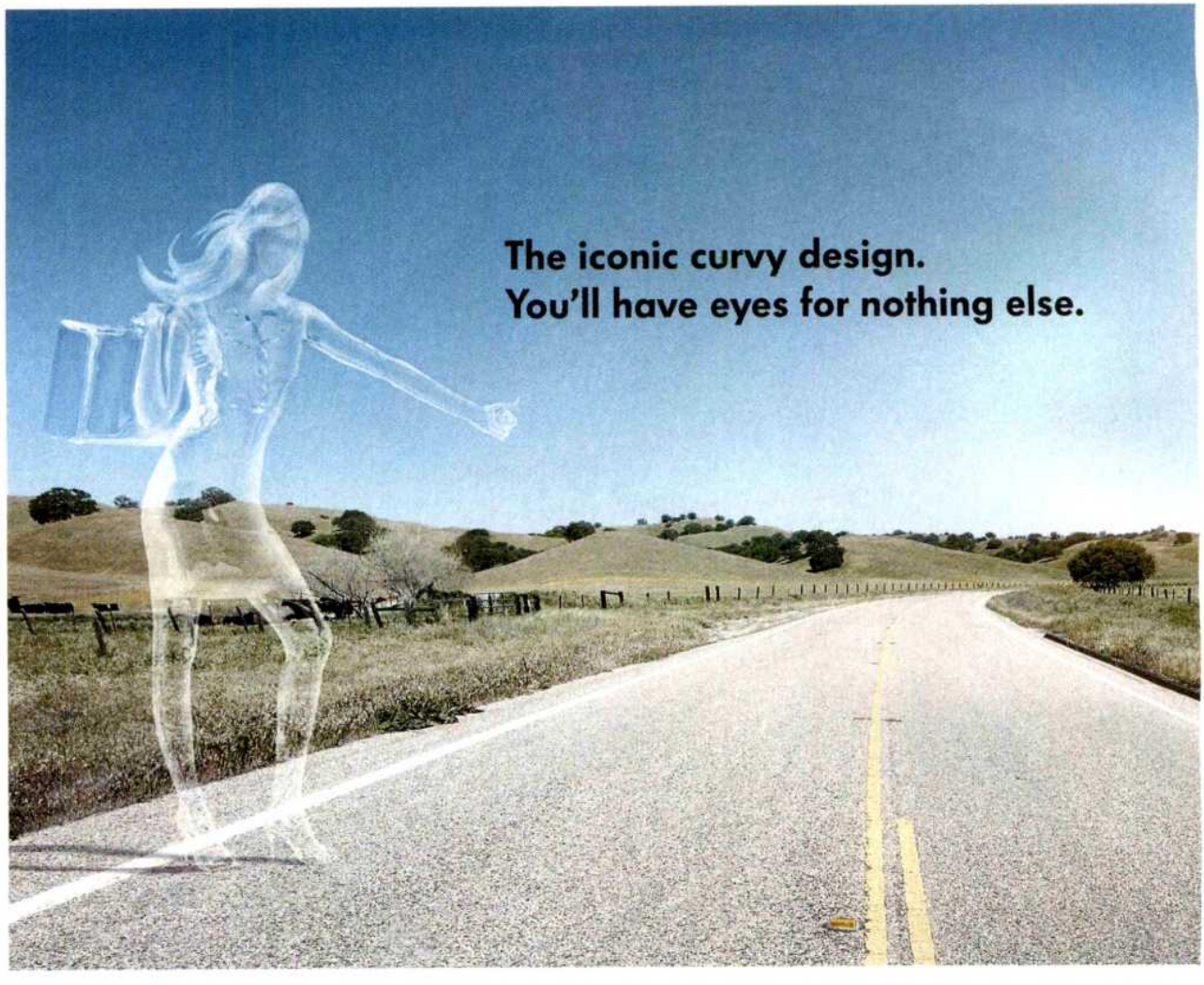

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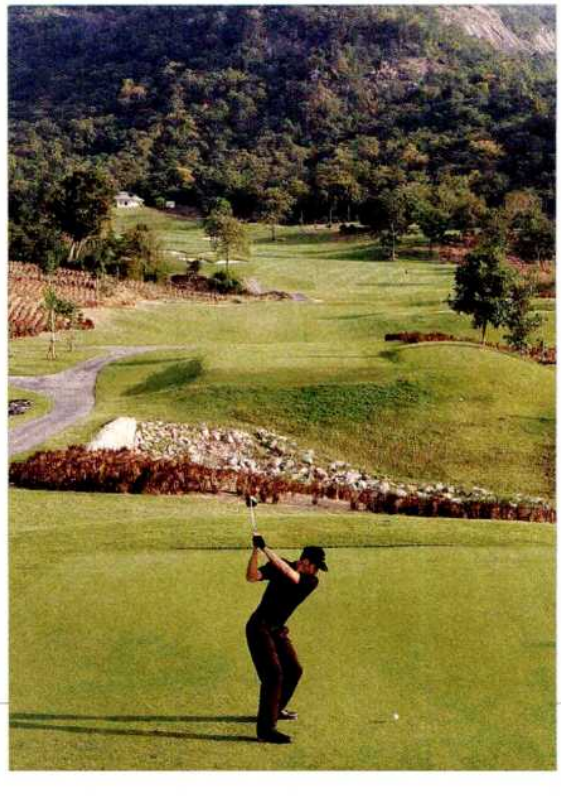
Hua Hin was once the quiet sylvan retreat of Thailand's royalty. Today, its multiple golf courses host royalty of a very different kind.



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Looks do matter. Volvo's new car combines great looks with formidable tech to deliver a stunning automotive tour de force.

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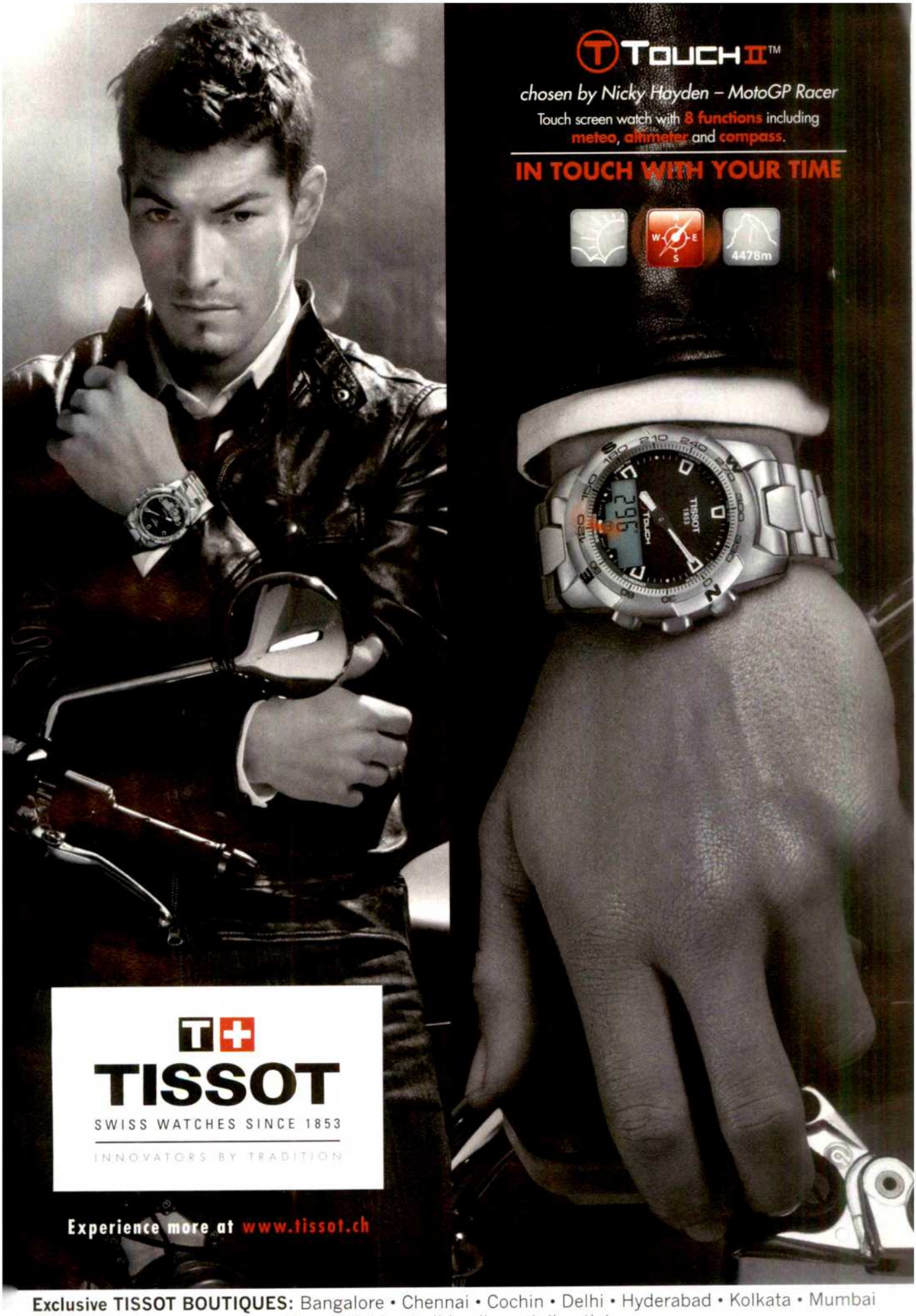
Photograph: Vivan Mehra
Imaging: Rajeev Bhargava
Model: Narender Sihag
Styling: Hassan Raza Khan and Shaine Soni
Make-Up: Sangay
Location: The Claridges, New Delhi



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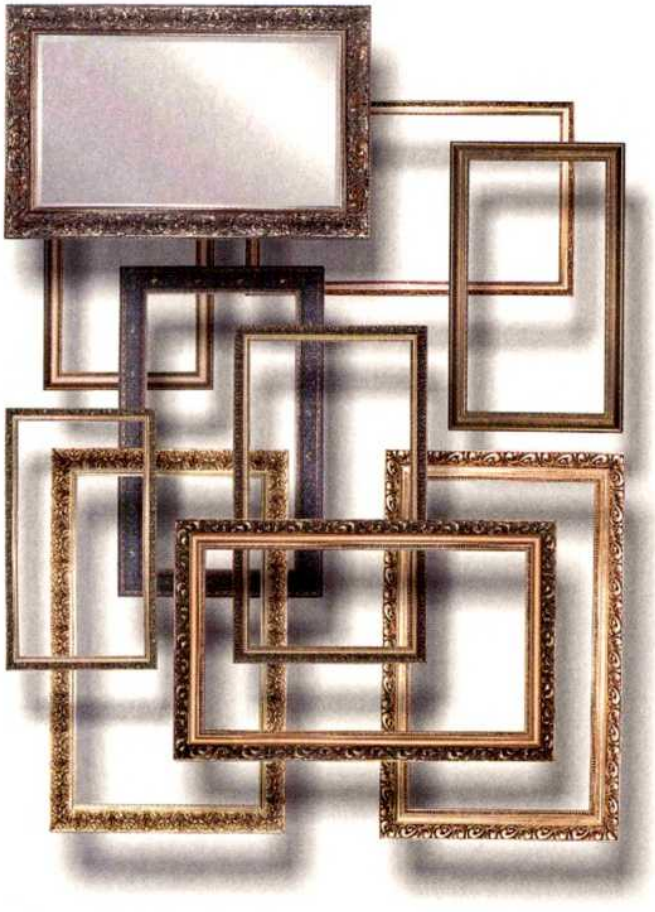
MANUAL

Do-it-yourself guide

The Frame Game



You've joined the elite rank of collectors. Now display and protect your artworks with the right supports and frame. **Susmita Saha** tells you how.

Here's the skinny on the best frames and conservation techniques for your artworks:

Frame finds: An integral part of décor, picture mouldings come in a variety of styles, materials and designs. The flat picture frame is the most popular style while other options include the photo cube (a frame with several display surfaces depicting numerous artworks or photographs) and the shadow box (a box-shaped structure fronted by a transparent sheet to exhibit three-dimensional objects).

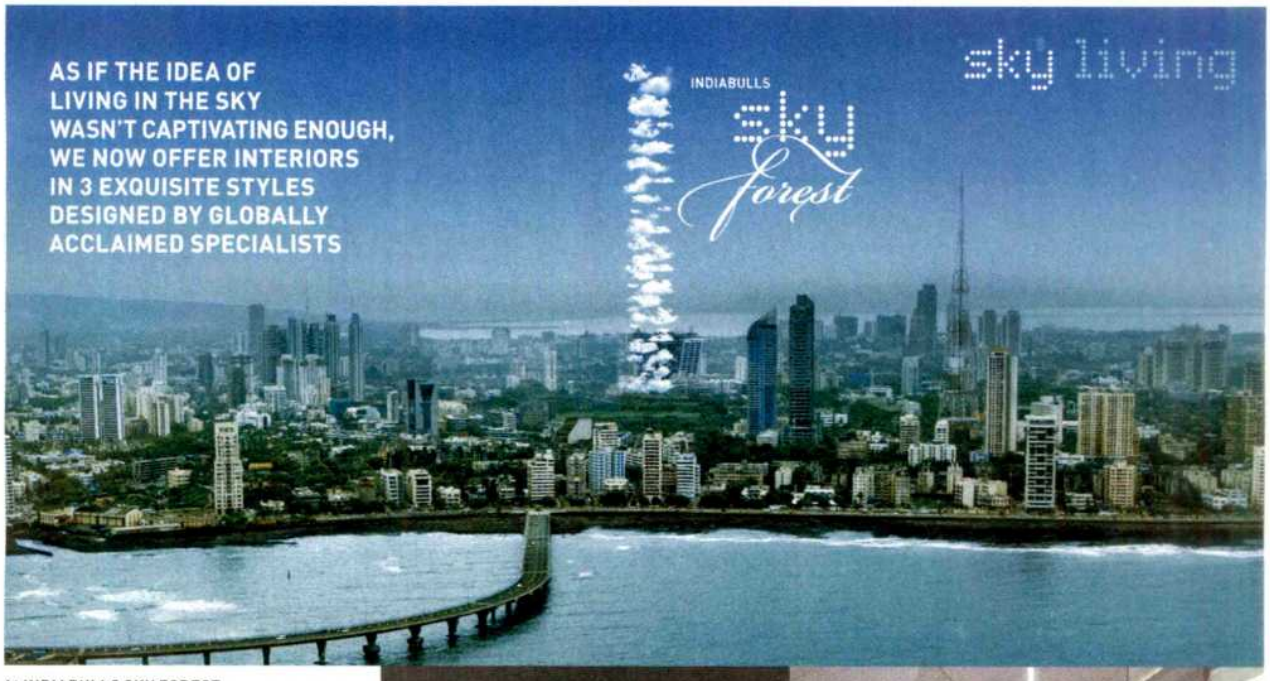
Perfect pairing: Scout for mouldings that help your prized paintings stand out. Oil and acrylic canvases with rich textured surfaces need a slim frame so that their rich grains are visible. Similarly, a small oil painting can make a statement if skirted with a bold, wide frame.

Colour code: While framing warm subjects like landscapes and paintings splashed with red, brown and gold shades, go for warm wood frames as they offset portraits and still life. Paintings flaunting stark hues like grey and indigo look best in dark-toned wooden frames. You can frame antique works with gold mouldings but it's best to steer clear of shine if your interiors are minimalist.

Material matters: Plain, metal frames complement marvels of modern art like serigraphs and buff-coloured prints. A basic colour palette of black, gold or silver can work wonders for metal. Besides wood and metal, other materials that are spicing up the frame space are aluminium, plastic and polystyrene.

The mat effect: Inside the frame, the mat is the paper-based material that accentuates the artwork. It separates the painting from its glass enclosure, offering protection from water damage, mould and mildew. A mat should offset the artwork. While medium and deep-toned mats go well with canvases that depict a human connection, earthy green ones suit seascapes.

A glass act: Stay away from regular glass. Ultraviolet protective glass casing should top your shopping list as it offers 98 per cent protection against sun damage, thereby preventing paper discolouring and embrittlement. Providing a glass shield for watercolours is a must since these are not durable enough. But acrylics, which are water-proof in nature, and oil paintings, which need their breathing space, can do without the protection.



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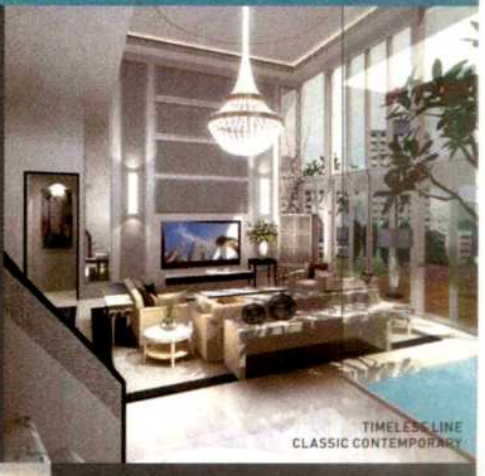

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DIET TIPS FOR THE LONG-DISTANCE FLYER

Mumbai nutritionist **Naini Setalvad** knows how tough the frequent flyer's life is. Not only is there a chance of being hit by deep-vein thrombosis, suffering from motion sickness and dehydration is quite common. Here are Setalvad's tips on easing the burden:

- Airlines are always stingy with water. But our body needs at least one litre more in the air than on ground. So carry a big bottle or two of water with you and finish them before landing. Stay away from aerated beverages, alcohol, wine, coffee and tea as they cause dehydration. Avoid juices too since they just add excess calories without fibre.
- If you have a long flight, it's best to order healthy, low-calorie meals and carry your own fruits to supplement them when you get hungry. Get plenty of sleep before boarding since fatigue encourages overeating.
- If you can organise it, carrying your own food is best. Here's what you should have if you're going to be on a flight all day. Down two glasses of water and a fruit before boarding.
- Mid morning (in-flight), have 20 almonds or 50 pistas with a couple of fruits and at least a litre of water.
- For lunch, have one vegetable sandwich plus a fruit, three dried figs and water. Mid-afternoon, snack on a handful of raisins or 5/6 dates or prunes or figs or apricots and a wholegrain granola bar. Have some fruit if you're still hungry.
- For dinner on landing, have a plate of salad, vegetables or vegetable soup, two rotis/ two idlis or dosas/ two wholewheat toasts or a bowl of rice with a bowl of dahi or one piece of grilled fish or chicken.

The hop-step-jump of ordering wine in a restaurant

Indian executives rate ordering a red wine in a restaurant as a daunting task, especially when surrounded by associates. **Shital Kakkar Mehra** of Soft Skills International lays out a three-step process for you to follow:

1. SELECTING THE WINE:

Consider your budget before you start. It's safe to assume that you will need one bottle for every two wine-drinkers at the table. If you're unsure about what to order, play it safe by discreetly indicating your price range to the sommelier and asking him for his opinion. But don't leave the final say to him or to your savvy guests. Their choice may set you back by an amount of money that you can ill afford.

•2. PLAYING HOST:

When the sommelier hands over the wine to you, check the name and vintage on the label to ensure that it is what you chose. If yes, acknowledge with a smile and a polite nod. The sommelier will now open the bottle and hand the cork to you. Touch it to check for moistness and red stain as wine and cork contact shows correct storage. Sniff the cork next. If it smells of the wine, nod politely. If it smells "off", tell your server so.

3. POURING THE WINE

The sommelier will now pour a small sip into your glass. Swirl, sniff and sip! Nod your third approval, if it tastes fine. The wine will now be served to your guests and finally to you. Slainte.

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The Italian Experiment

At San Maurizio Canavese, not far from Torino airport in Italy, lies La Credenza—a gem which has been awarded a Michelin star. **Igor Macchia**, co-owner of the restaurant, recently visited Hyatt Regency, New Delhi, to share his knowledge of the culinary arts. Here is his recipe for creamy risotto with red peppers, parsley sauce and anchovies—his signature dish.

Main Ingredients

- 4 red peppers
- 240 g carnaroli rice
- 500 g chicken stock
- White wine
- Butter
- Parsley
- Xantana
- Parmesan
- Anchovies filets

Method

- Roast red pepper in oven at 180°C for about 20 minutes. Leave cool, skin and make a purée.
- Prepare a classic risotto by lightly frying the carnaroli rice with onions, garlic and celery, and cook it in the chicken stock for 15 minutes.
- At the end, season with the purée, olive oil, butter, parmesan, salt and pepper.
- Plate it and finish with a few drops of parsley sauce and pieces of anchovies.

Bon Appétit.

COMBAT AMS

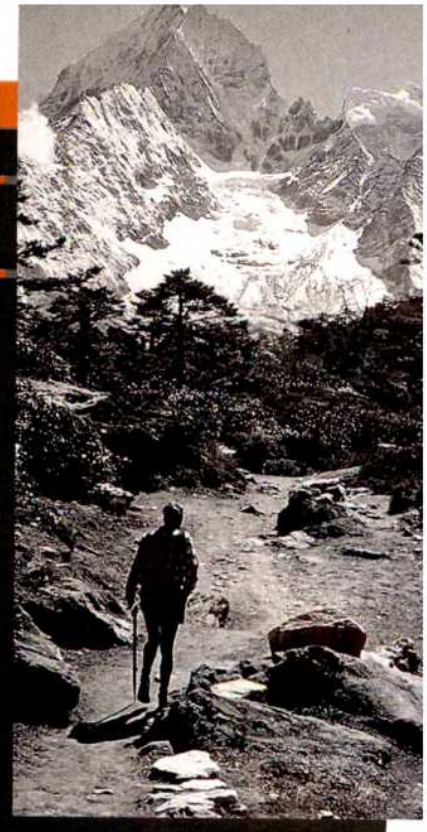
The human body needs to be acclimatised beyond the rough altitude of 3,000 m or 10,000 feet, which have low atmospheric pressure and thinning air. In its mildest form, AMS (Acute Mountain Sickness) manifests itself in headaches, nausea, lack of appetite and breathlessness. But that's not all. The higher one goes, the slower one's motor skills become and things that take just a minute to do at sea level take 10-15 to achieve. Here's how to beat AMS by acclimatising right:

Keep things fluid: One of the key harbingers of AMS is dehydration. While walking, remember to drink lots of water and other fluids, and take in salts in liquid form.

Climb high, sleep low: If your day's walk takes you to a higher altitude, arrange it so that you climb down to the camp while it's still daylight. After some rest, climb up another hundred feet or so, before returning to the camp for hot food and sleep.

Know when to stop: If you see any AMS symptoms coming on, stop and rest. If they persist, descend to a lower altitude.

Avoid medication dependency: Although some medicines do help in minimising the effects of AMS, use them only to complement your acclimatising routine.—BB



MOONLIGHT PHOTOGRAPHY BASICS

Travel photographer **Jyothy Karat** gives you a lowdown on taking pictures in moonlight:

- Go location scouting before you do your actual shoot. This will help you understand how the light works.
- You need to carry a sturdy tripod, torchlight, a magnetic compass and a shutter release cable. I like using Velvia film. It is positive and transparent and brings out the colours.
- Shooting at midnight, when the moonlight is at its zenith, is best. But you also get amazing results at moonrise or just before dawn.
- For moonlight photography, you can get a 30-sec exposure at 1600 ISO. But a 30-min (or more) exposure is pretty standard at 100 ISO.
- Including people in your pictures is not a good idea unless you want to go in for a 'ghost' effect or have a a source of artificial light to illuminate the person in your subject.

DLF Shimla

Actual site photograph

Own a home in the woods

Situated in Shimla, SamaTara is a private haven tucked away in the majestic expanse of the North-Western Himalayas. A set of luxurious villas that wake up to the chirping of birds and the whistling of woods. It's a place everyone has dreamt of. But only a few can own. Will you be one of them?

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SOCIAL MORES

Nice-to-Know

Seek and you shall Hyde

The world's most expensive apartments are now ready for their occupants

After much twittering and anticipation, One Hyde Park in London's Knightsbridge area is finally ready for occupation. With prices starting at £6.5m for a simple one-bedroom flat and soaring to £140m for one of the four penthouses (at an average of about £6,000 per sq ft), the structure of four interlinked diamond-shaped pavilions is credited as the most expensive residential space in the world. Housing 86 apartments, the building also has a 21-m swimming pool, a golf simulator, a panic room, squash courts, a cinema, spa, wine cellars and two gyms. An underground tunnel (complete with a car lift) connects it to the Mandarin Oriental next door that gives residents open access to its facilities and allows its staff to serve the apartments 24 hours a day. Who wouldn't want to live here, you'd ask? The rumour is, not everybody. Though creators Candy & Candy (the duo at the helm of the property market in London) claim

that 60 per cent of the flats have been snapped up by people from the Middle East, Africa, Russia, China and India, the market says only two flats have been sold so far—one to the Prime Minister of Qatar. Hedge fund gurus, global investors and celebrities were there at the launch. Let's wait and watch who leaves the building.

Virtually Arty

The world of art wen online with a vengeance for a week in January. The VIP (viewi in private) Art Fair was online-only event where buyers from across the world could access 2,00 works and connect with over 130 dealers from 3 countries—without leav ing home. Browsing wa free, although visitors h to pay for access to pric lists and the dealers' pr vate rooms. The brainch of New York art dealers James and Jane Cohan, the fair got a lot of bites with the artworks being viewed 7.65 million time by visitors from 196 cou tries. Post-event, thoug is under fire for not see too many big sales and some technical gliches. But Rome wasn't built i week either, we say.

AUCTION ACTION

A block of four of Hong Kong's most famous stamps was recently auctioned for $1.54 million. The 96-c stamps were created in 1864 and erroneously given an olive-bistre colour. The mistake was corrected in the next batch, so this lot stayed unique. It is believed that only about 40 unused examples of these stamps, including this block of four, still exist. The buyer chose to stay anonymous.

The BT More Playlist

NEW RELEASES

Smith Westerns, Dye It Blonde The Chicago foursome serve up lush garage rock that's high on memorable melodies and some great songwriting.

Orange Juice, Coals To Newcastle The little known but highly influential Scottish post-Punk band comes out with a career retrospective.

Motorhea The World Yours
The iconic leather-cl hard rock Motorhea serves up more loud, angry and theatrical on this alb This is a gr set to hea bang to.

Not-so-dumb Blonds

The age-old theory of beauty and brains being inversely related has been put to the test—and disproved. Studies in the UK and the US have shown that good-looking men and women are likely to have IQs averaging up to 14 points above the norm. A researcher from the London School of Economics came up with the findings based on data from a British National Development Study which has followed (and tested) 17,419 people since their birth in a single week in March 1958. Here's the logic. If one believes that intelligent men do better in life and attract intelligent as well as good-looking partners, one should also realise that children born to such couples are more than likely to inherit both qualities. The American data was taken from a National Longitudinal Study of Adolescent Health that rated 35,000 young Americans on both brains and beauty. While the researchers say the findings are statistical and should not be applied to individuals, there's no denying the cloud of gloom that's descended on those less fortunate in the looks department. Meanwhile, Brad and Angelina can sit even prettier now.

British Sea Power, Valhalla Dancehall
Brighton's biggest band is out with a great album full of outstanding melodies and great songwriting.

The Decemberists, The King is Dead
American Indie prog-rockers get back to their roots with short, catchy songs that are extremely infectious.

6 Things To Do This Month

ART DUBAI: This year Art Dubai will feature displays by more than 75 renowned and upcoming galleries from over 30 countries in the Middle East, Asia, Europe and America. Highlights of the fair will include a programme of performative tours, installations, film screenings, radio dispatches and an exhibition presented by Van Cleef & Arpels. Mark your calendars from March 16 to 19.
Website: www.artdubai.ae

INTERNATIONAL YOGA FESTIVAL, RISHIKESH: This seven-day programme offers participants over 100 hours of yoga classes by world-class teachers along with discussions with some of India's leading spiritual leaders. The event aims to raise over ₹22.9 lakh for charity. From March 1 to 7, dedicate a week towards a cause.
Website: www.internationalyogafestival.com

ICC CRICKET WORLD CUP: The Cricket World Cup championship this year is being hosted by three South Asian countries: India, Sri Lanka and Bangladesh. With 29 of the 49 matches, including the semis and the final, being played at venues within the country, it's the event of the year for cricket lovers across India. Keep abreast of the tourney culminating on April 2 in Mumbai.
Website: www.cricketworldcup2011.co.in

GOA FESTIVAL: Originally started by the Portuguese, this four-day-long festival is a time for unabashed decadence and fun. Join in the merrymaking especially if you love abundant dancing, music, processions and culinary delights. To be held from March 5 to 8.
Website: www.lonelyplanet.com

INDIAN FURNITURE & ACCESSORIES SHOW: Merging Indian craftsmanship and art with modern design and contemporary finishes, this event provides a platform for new talent, and exquisite designs. Head to Jodhpur from March 6 to 8.
Website: www.expopromoter.com

LA FASHION WEEK: LA is all set to welcome the fall collection and dazzle with style. In addition to the regular ramp romps, many designers will showcase their ware in environments that reflect their vision for the collection. Get your fix from March 13 to 19.
Website: www.fashionweekla.com

Muted Melody

There are times when you don't want to be blasted by the lyrics of a love song, but rather enjoy it in the muted ambience it's meant for. Well, you can do both, and yet not miss out on any nuances with this product. Maintaining a record of audio excellence since 1936, Quad's reputation is unparalleled in the field of consumer electronics. Going against the norm of moving-coil loudspeakers, Quad has pushed the boundaries of electrostatic technology to produce a sound with the lowest possible distortion. Even at low volumes, these speakers retain all the detail and drama of music and can go on for hours without dying out.

Sail Away

You know how at the end of romantic sagas, the lovers sail away into the sunset? Well, with the new *Ocean Empire LSV* superyacht, that dream could well become a reality for a justifiable $17 million. Designed to support life and stay out at sea for an indefinite period of time, this LSV (life support vessel) houses three sustainable energy sources (4,305 square feet of solar panels, an 861-sq-ft skysail to collect wind energy, and an MDR system to capture the energy generated by the boat) along with two hydroponic farms and fishing facilities for an endless supply of food. With the ability to travel up to 12,000 nautical miles a year in a 100 per cent carbon neutral state, it houses up to 18 persons including a crew of eight. So climb aboard your very own Noah's Arc, and sail away!

Time Unfolded

Making a significant addition to India's legacy in art, the Kiran Nadar Museum of Art has opened at DLF South Court Mall in Delhi's Saket area. The museum, which houses the collection of Kiran and her technology baron husband Shiv Nadar, opened in time with the India Art Summit with an exhibition titled 'Time Unfolded'. The museum showcases 70 modern and contemporary masterpieces from the couple's private collection in an endeavour to facilitate visibility and appreciation of Indian art. The display includes Raza's *Saurashtra*, Tyeb Mehta's famous three-panel canvas *Mahishasura*, nudes by F. N. Souza, Bharti Kher's mammoth elephant, as well as works by M. F. Husain, Manjit Bawa, Ram Kumar, Subodh Gupta, V. S. Gaitonde and Anish Kapoor. Entry is free and the museum is open to the public from 10.30 a.m. to 6.30 p.m. on all days except Mondays and national holidays.

Sounds Like You Know About THE IDES OF MARCH

Yes, it's the fateful day that Julius Caesar was murdered, but is that all? Time to get your March 15 facts sorted:

1. One of the first truly international dates, March 15 became famous as early as 44 BC when a group of Roman citizens, led by Marcus Brutus, stabbed Julius Caesar (22 times) to death in the Senate.

2. The ancient Romans were masters at making calenders, and the Ides (Latin *Idus*) was celebrated as an auspicious day in the months of March, May, July and October.

3. An organisation called the Roman Hash House Harriers celebrates the day every year with a Toga Run through the streets that Caesar walked before being killed.

4. This is an important date for Hungary. On this day, the country celebrates National Day in memory of the 1848 Hungarian Revolution, which grew into a war of independence from Habsburg rule.

5. George Washington quelled a military mutiny in 1783 on this day with his famous Newburgh Address.

ROLLS ROYCE APPARITION

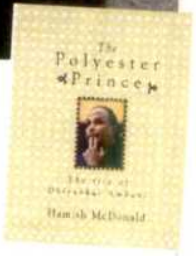
We've seen Rolls Royce churn out some of the sleekest, fastest and most technologically advanced mean machines; the ones that can alter a road just by their presence. The Rolls Royce Apparition isn't exactly one of those. As far as utility goes, it might not have any. But when it comes to conceptual design, its vision and build ensure that we take notice. Purely a design study, the car is the creation of Jeremy Westerlund, who designed it while studying at the Art Center in California. The car marries classic and futuristic design elements, placing the driver out in the open like in vintage motor carriages, while the passengers sit shielded inside. Although it is currently nothing more than a design, the model in reality would stretch over 23 feet in length. Taking a cue from sailing yachts, the overall shape and structure of the vehicle is low, long and extremely imposing. But this might be no fond pipe dream. Technology has a funny way of blurring the lines between concept and reality, so keep checking the rear-view mirror!

BOOKS THAT SHAPED MY LIFE

CHRIS GEORGE, FOUNDER & CEO, EBS WORLDWIDE talks about the books that have influenced his thinking

The Polyester Prince
by Hamish Macdonald

This book is an extremely detailed account of Dhirubhai Ambani's life and trials. I find his never-say- die attitude extremely awe-inspiring.

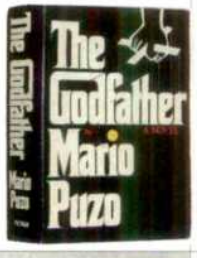


The Fountainhead
by Ayn Rand

This extremely motivational story about the conviction of Howard Roark has taught me to choose struggle over sacrificing what I believe in.

The Godfather *by Mario Puzo*

Arguably the best 'non-business' business book out there, I read it at least once every year and never tire of it.



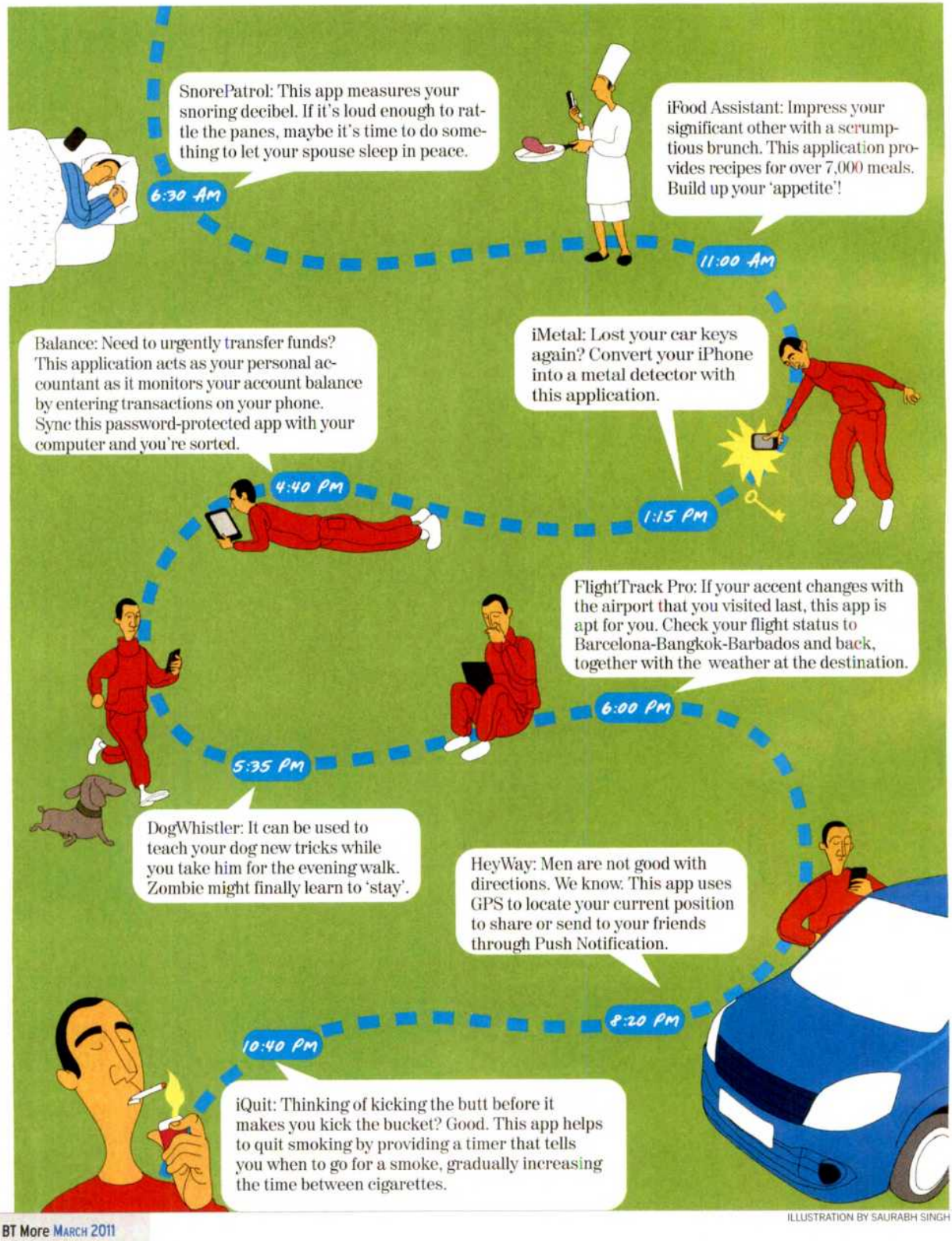
iCon
by Shiv Khera

I consider this is the greatest second act in the history of business.

A Day in Apps

BY ANUSHREE BASU

Life can be messy. Thankfully, iPhone applications are here to help. Here are some apps to see you through the day with reminders, flight trackers and a dog whistle.



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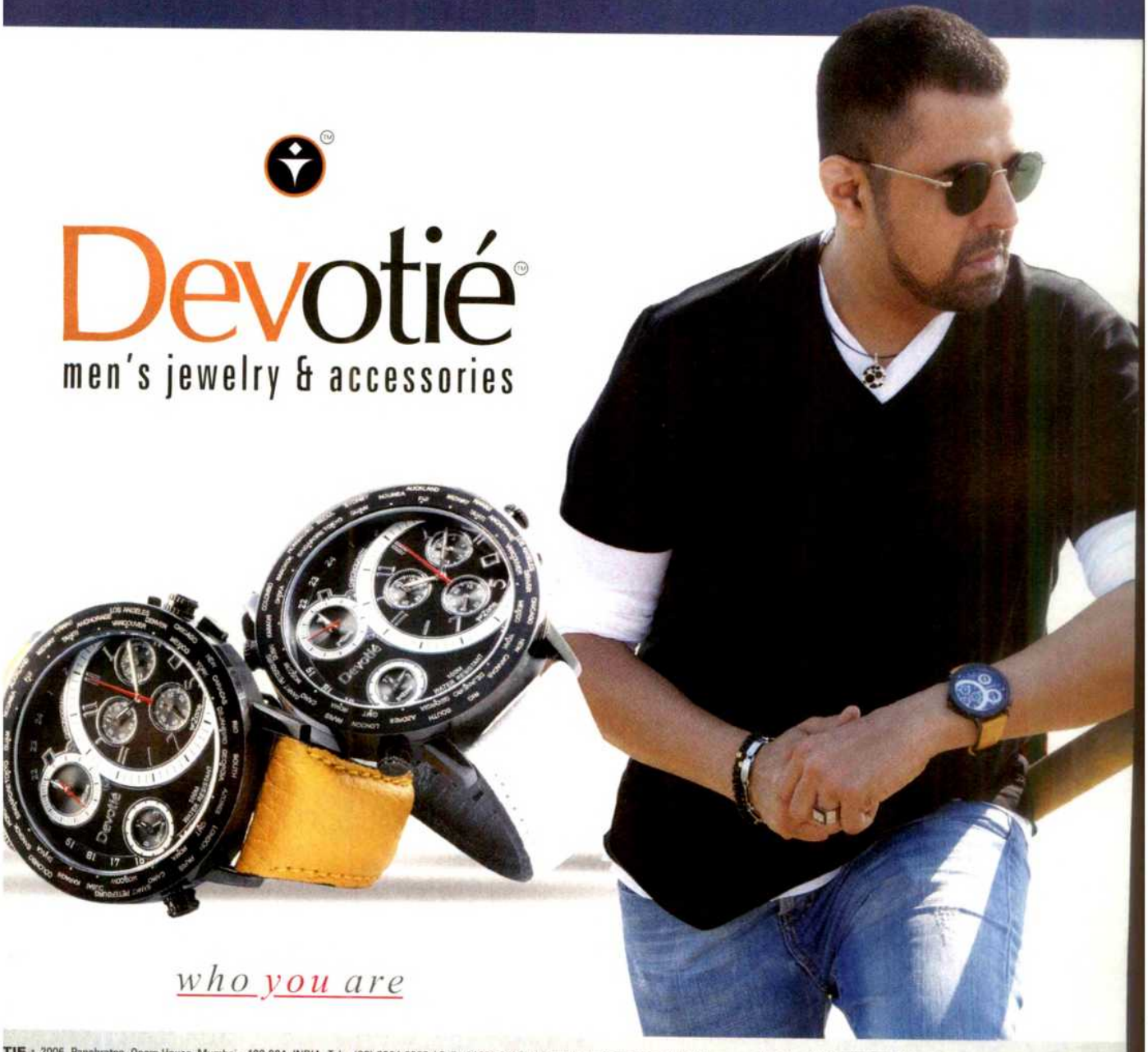

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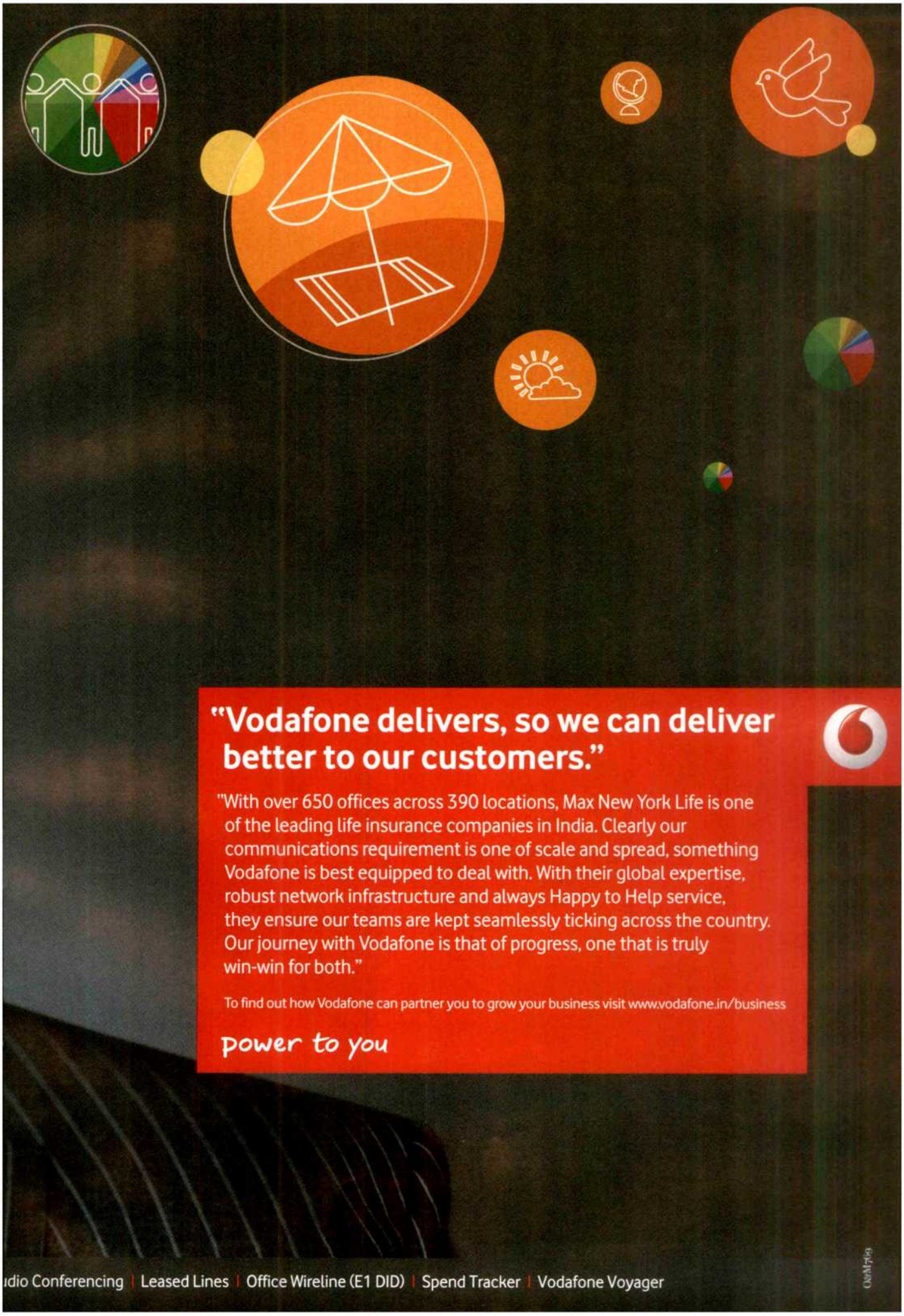
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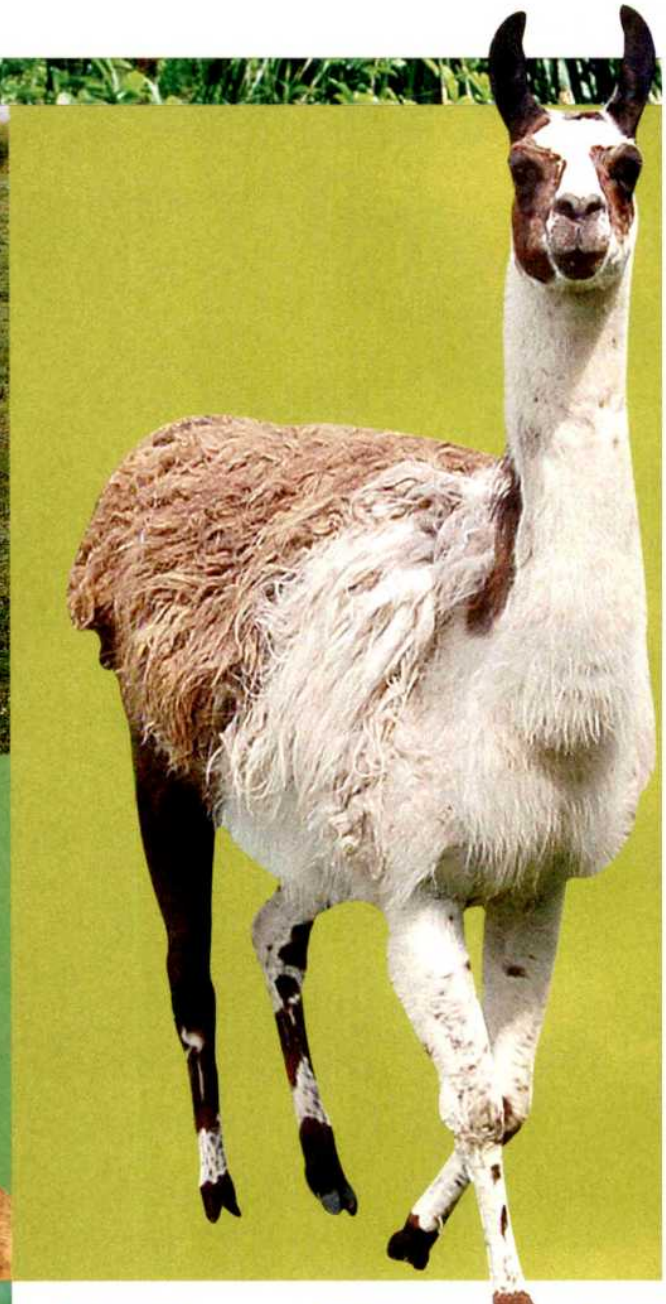


TAMING THE WILD

A walk on the wild side can become the genesis of an endearing bond. We explore some exotic species that make wonderful pets and conversation points. Taming the shrew may be easier than you imagined.

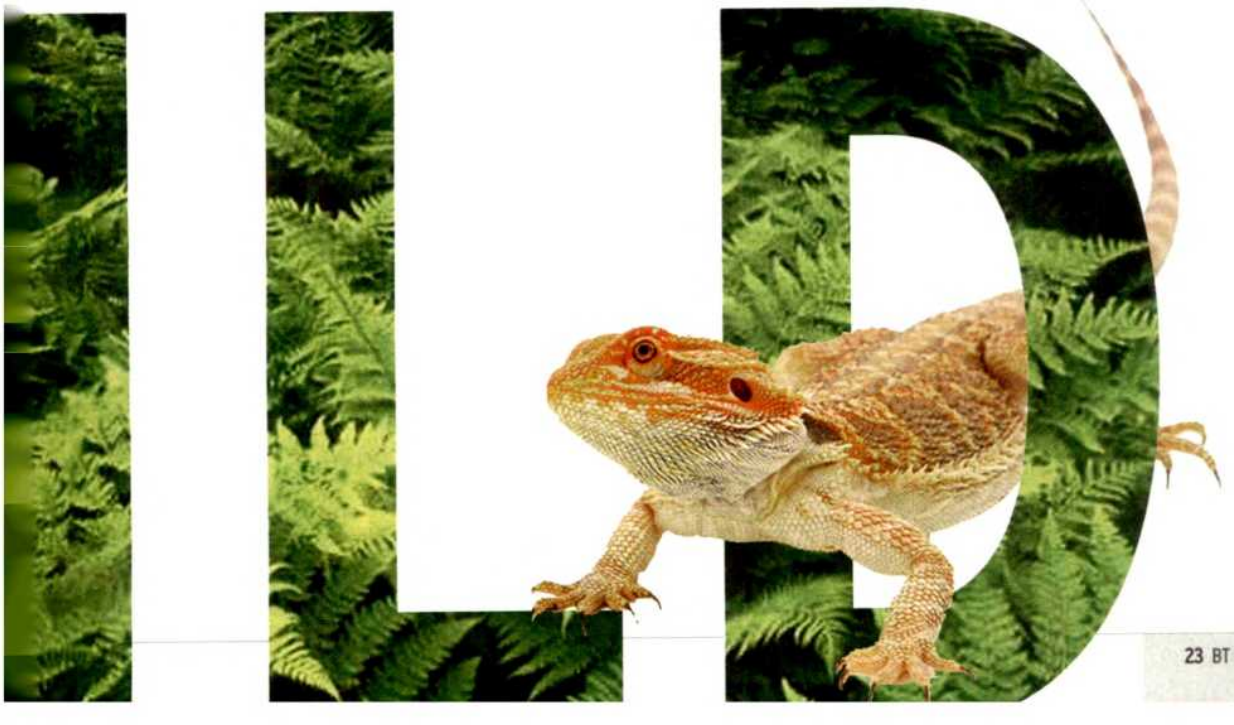
BY R PALLAVI

There is a compelling romanticism linked to all things exotic, as seen in the western world's obsession with the orient's spiritual practices or our fascination with occidental fashion. The craze spills over into pets too, where the unfamiliar inspires awe. Whether it's just a new variant of the ancient itch to tame the wild horse, an appreciation of the diversity of nature, or the desire to show off one's wealth and power, people take pride in acquiring exotic pets. The trade in wild species—from big cats to bears and reptiles, and even prairie dogs—is frowned upon for driving these species toward extinction and disrupting ecosystems but the practice continues to flourish. After all, what better way to keep up with the Jainses, and have something to cuddle? For those who want to stay on the right side of the law and still have a unique status symbol to flaunt, may we suggest one of the following animals:

Hyacinth Macaw

Aptly titled 'gentle giant', the bird disguises both its fierce strength and calm conduct in its beautiful cobalt blue body. Native to central and eastern South America, it has a wingspan of more than 4 ft which makes it the largest parrot in the world. Its strength can be gauged from its powerful grey black beaks which can snap metal in seconds,making it necessary to be housed in relatively large stainless steel cages (at least 5'x4'x6'). An intelligent and interactive bird, it enjoys learning tricks like riding parrot bicycles and parrot wheel barrels and entertaining an audience of its own. Since it's a high energy bird, it requires a high carb diet including Macadamia and Brazilian nuts, along with coconuts, fresh fruits and vegetables. Besides that, it is also advisable to keep the cage stocked up with chew toys, which will help exercise its beak and vent out all that excess energy. Although it is docile and playful in temperament, if you leave it alone or cage it for too long, it may become irritable and use its strength in destructive ways. Thus, constant care and attention is pivotal.

Life Span: More than 60 yrs; **Price:** ₹7 to ₹11 lakh.



Fila Brasileiro

In ancient Portuguese, fila means "to hold". Thus the name of this dog goes back to the time when Portuguese colonisers used this breed to hold runaway slaves in Brazil. This fierce watchdog is described as possessing the 'Ojeriza' temperament, which in Brazilian stands for 'sharp aversion' to strangers. A descendent of the 15th century English mastiff, bloodhound, bulldog and refeiros, the fila is believed to have inherited from these breeds a loose skin, keen sense of smell, superb tracking ability and an extremely alert disposition. An average fila weighs 90–110 pounds and is about 2 ft tall and is typically fawn, black or brindle in colour. It may be extremely ferocious to strangers, but is docile, obedient, tolerant and very protective of its owners. Its daily diet should comprise about 3.5 kgs of meat and since it is prone to hip and elbow dysplasia; regular exercises are a must. So you'll need a fenced-in yard with adequate room for the dog to run around and keep fit. **Life Span:** 8-10 yrs; **Price:** ₹1 lakh

Arapaima Fish

Legend has it that Pirarucu; the disrespectful and taunting son of an Amazon chief was struck down to the depths of the river by the gods and became an arapaima. Owing to this myth, the species is embedded in the imaginations of the local Amazonians and is still referred to by the Brazilians as Pirarucu. A length of up to 10 ft and a weight of over 400 pounds make it the largest fresh water fish in the world. The unpaired fins on its long and cylindrical body set back towards the tail, while the head is flattened with a jutting lower jaw. The front half of its overwhelming body is green while the rear half is reddish with a crimson red tail. The pet arapaima is friendly, identifies people and feasts on full grown chicken and chunks of beef. Being an Amazonian species, it has the ability to survive droughts and low oxygen

Legally Speaking

1. The Indian Wildlife Act, 1972 makes it illegal to own species found in the Indian wild, but does not prohibit species originating abroad from being domesticated in the country.

2. In case you wish to import an animal, make sure you get a CITES (Convention on International Trade in Endangered Species) clearance.

levels. The fish is not suited or adapted to life in a home aquarium, unless it's several thousand gallons in size. Consider it as a pet option only if you can afford housing it in a pond, about 12'x24'x36' in size. Also, once you've left it in your pond, the other fish may very well be reduced to fish food. **Life Span:** 35-40 yrs; **Price:** ₹15,000.

Llama

The South American cousin of the camel, llamas are embedded in the cultural evolution of South America. While the western American Inca civilisation herded them for carrying goods and wool, the earlier Peruvian Moche civilisation used them in the death rites of significant people. In terms of physical attributes, the llamas have narrow feet, a short woolly tail and a standard height which varies from 5–6 ft. Conventionally considered livestock, the llamas are warm and friendly and make excellent pets. Given their size, they are only appropriate for those with enough room to house them. Also, since this breed is used to roaming around in herds, it's advisable to provide company to prevent lonely bouts. They tend to pick up small fights to maintain their rank in the herd. The fight generally comprises kicking, spitting, neck wrestling and shoving—fun to watch if you're into feudal feuding. **Life Span:** 15 yrs; **Price:** ₹3 lakh

Ragdoll Persian

In 1963, Ann Baker, a Persian breeder from Riverdale California noticed the kittens of her non pedigreed white female Persian had a peaceful disposition. Intriguingly, these kittens were born after her cat had met with an accident. In physical attributes, these newly bred cats were similar to rag dolls, as they became floppy on being lifted. Although the ragdolls can weigh up to 12 pounds; they tend to remain indoors which can pile up the kilos. Since they are an easy-to-train intelligent breed, they can be taught to play with chew toys. They are extremely soft and meek in temperament, but like all cats, they leave fur trails and scratch furniture. Hello Kitty! **Life Span:** 15-20 yrs; **Price:** ₹20,000.

Clockwise from top left: Two arapaimas in a pond; llama in the woods; the ragdoll Persian cat and the fila Brasileiro dog

Caucasian Ovcharka

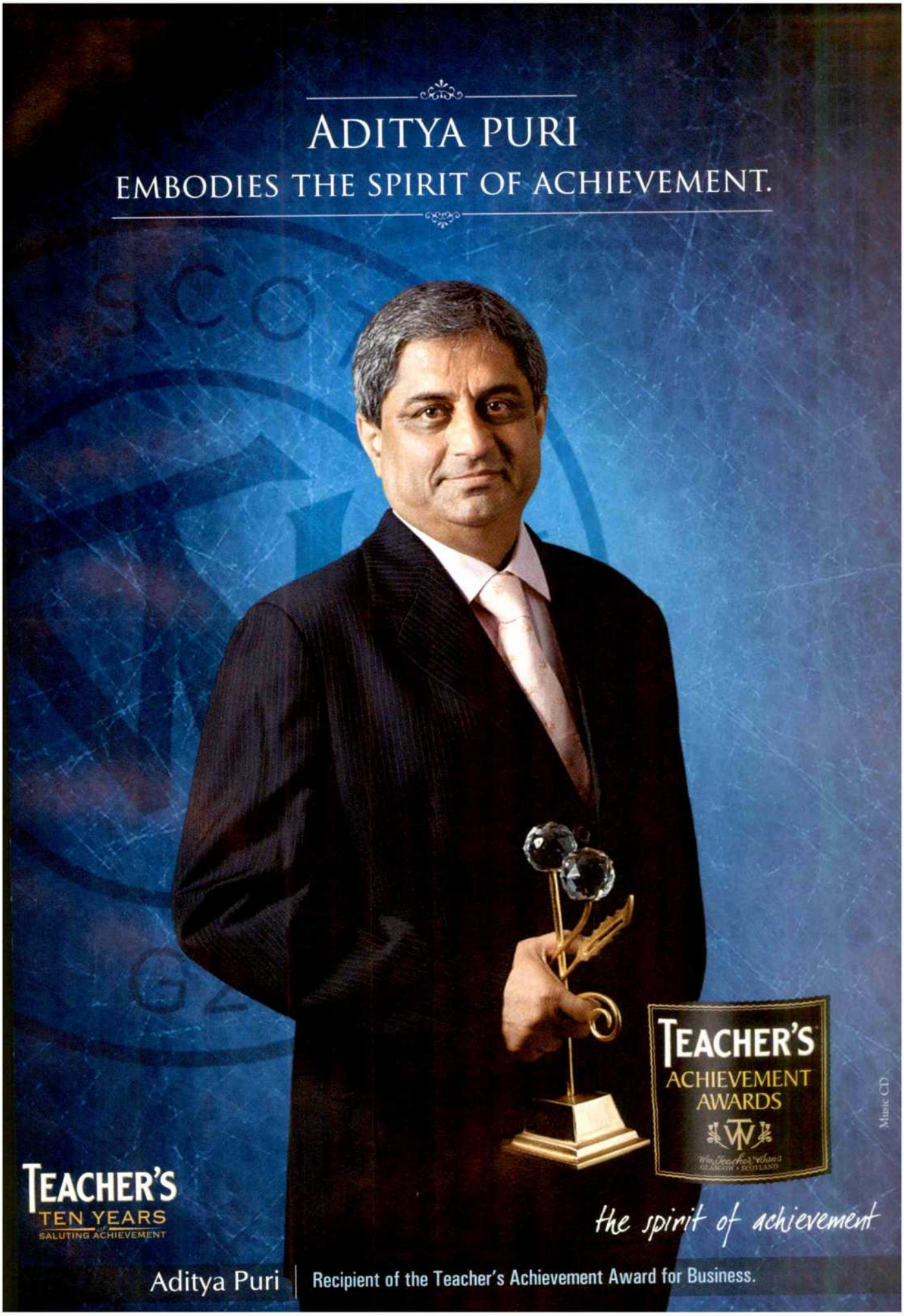
Austrian zoologist Konrad Lorenz wrote in his book *On Aggression* (1966) that aggressive tendencies are an essential part of the life-preserving process. He could well be describing the caucasian Ovcharka(Russian for sheepdog) or the mountain dog who uses its fierce temperament to guard livestock in its indigenous regions (Georgia, Armenia and Azerbaijan). With an average height of about 2 ft

Left: The caucasian mountain dog lazing around on the grass; **Top:** A classic brown falabella in a ranch

and a weight of between 99 and 155 pounds, it is one of the largest and most powerfully built breeds in the world. Although it displays a ferocious attitude towards strangers, it's temperament is the exact opposite towards friendly faces. The daily diet should be a balanced one comprising of meat, veggies, rice and wheat. It isn't suited to life indoors and since it dons a thick coat, colder climes are preferred. **Life Span:** 8–10 yrs; **Price:** ₹1 lakh.

Falabella Miniature Horse

This beautiful creature was unleashed on the world by Irish breeder Patrick Newell, who spotted some unusually small horses in the herds of the indigenous Indians in the Pampas in Argentina back in 1868. He chose the smallest ones and began to selectively breed them to create the perfect tiny horse, about 3 ft in height. The practice was carried on by his son-in-law Juan Fallabella and his descendants (who've lent the animal their name) to create consistently small creatures. Today's falabella resembles a Shetland pony, owing to its thick tail and mane, but is cleverer and has a better-proportioned body. The foal is just 1 ft at birth and goes up to about 2.6 ft by the age of three. Falabellas are available in various colours. Of a sweet nature, they enjoy being with children as well as adults and can be ridden by small children. They are intelligent and strong for their size and can be trained to do many things. **Life Span:** 18-20 yrs; **Price:** ₹3-5 lakh.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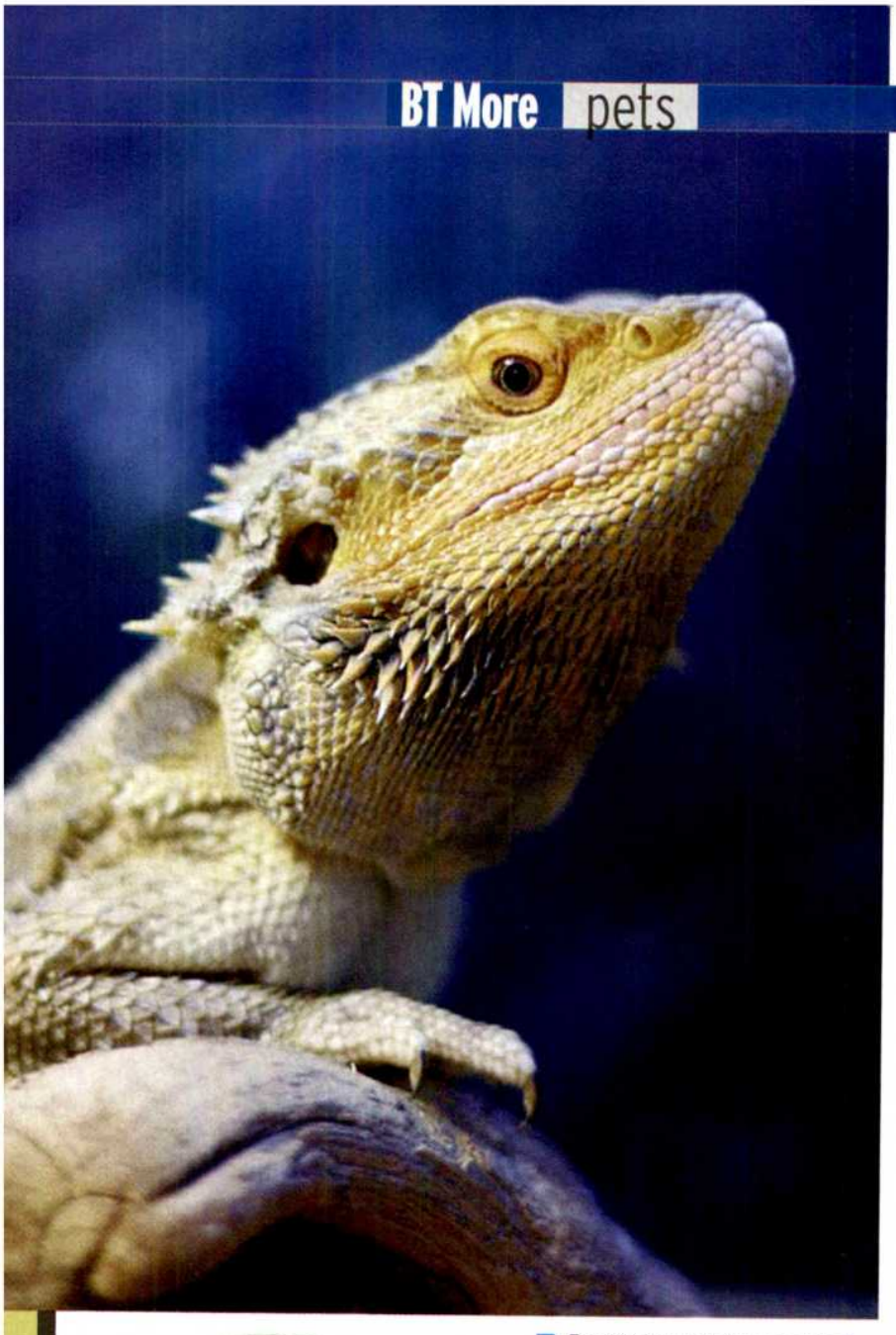

Top: The bearded dragon perched on a branch; **Left:** A baby marmoset clinging onto a finger

Bearded Dragon

For about 60 million years, life forms in Australia evolved in isolation from the rest of the earth's landmasses and hence gained bizarre attributes. The bearded dragon is a testimony to this. Originating in the woodlands and rocky deserts of Central Australia, the creature is true to its name and has a spiny beard that it uses in defense. With a broad triangular head and a flattened body, it makes a hardy pet that reaches approximately 1.5-2 ft in length and 350 g to 600 g in weight. Since it is omnivorous, it feeds on live prey including crickets, mealworms, wax worms as well as vegetables. It is a calm, friendly and easy going pet that enjoys company. It is a tropical animal, that needs temperature controlled terrarium of 35 ° to 40 ° Celcius for which thermal heating pads are required. **Life Span:** 10 yrs; **Price:** ₹20,000.

Marmoset Monkey

If renowned British natural scientist Edward Bartlett is to be believed, Indian women of Peru made pets of marmosets and it was mass migration of tribes in the middle of the eighteenth century that brought the species from the New World (the western hemisphere) to Europe. However, these were not recognised by naturalists until the eighteenth century. About 20 cm in length, the marmosets are the smallest monkeys in the world. Unlike usual monkeys, their tail is not prehensile i.e. it cannot be used as an additional limb and is about 6.6" to 9" long. They make affectionate and playful pets and cherish and clasp your fingers just as a baby would. They are easy to toilet train and hence can be let loose around the house. Still, if you plan on caging them, make sure the cage is at least 3'x3'x4', which is large enough for them to move and play. Their diet includes fruits, chopped broccoli, nuts and warm milk. They are prone to human diseases like tuberculosis, gastroenteritis and conjunctivitis, but respond to human medication.
Life Span: 8 yrs; **Price:** ₹1.5 lakh. ■

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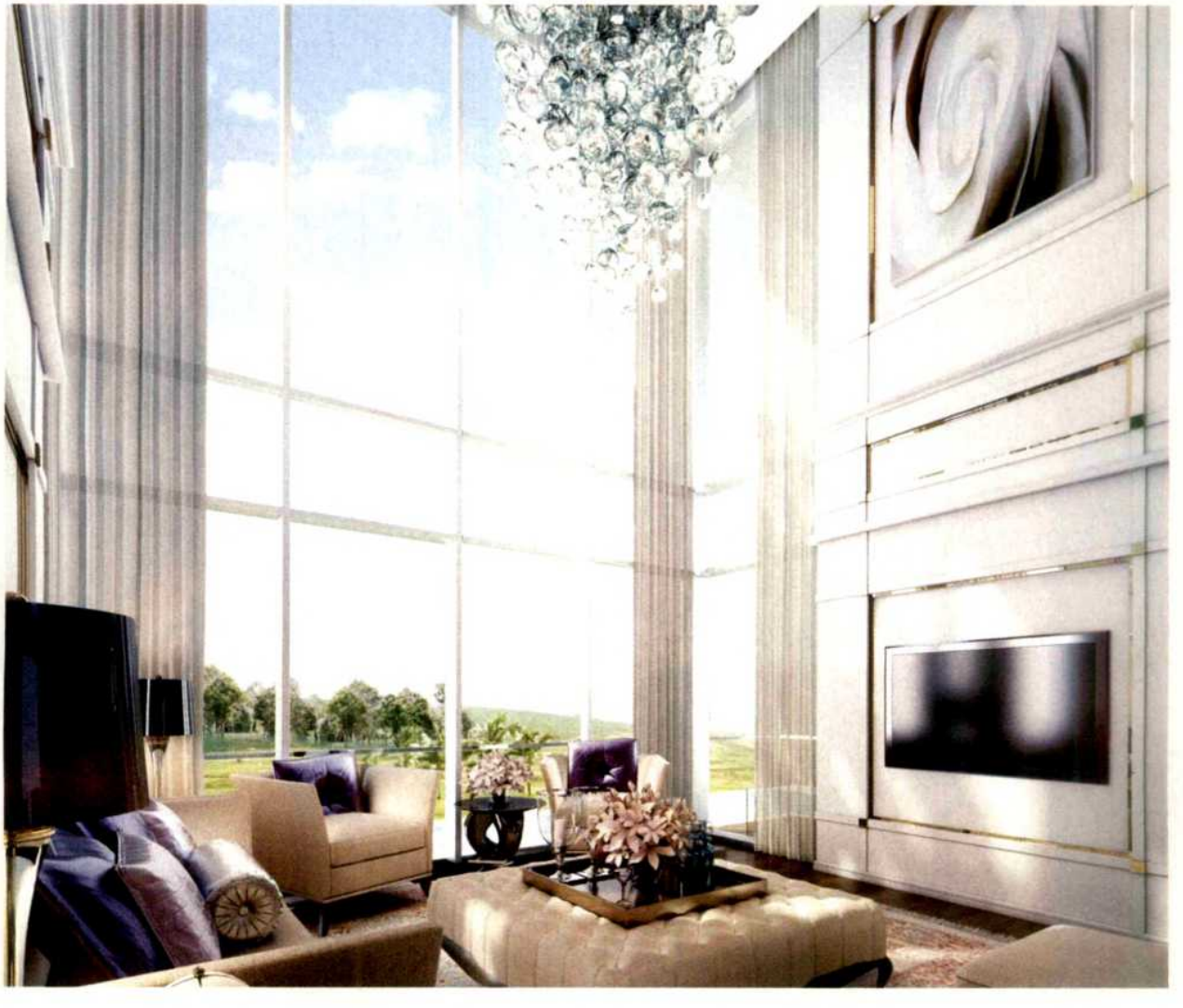

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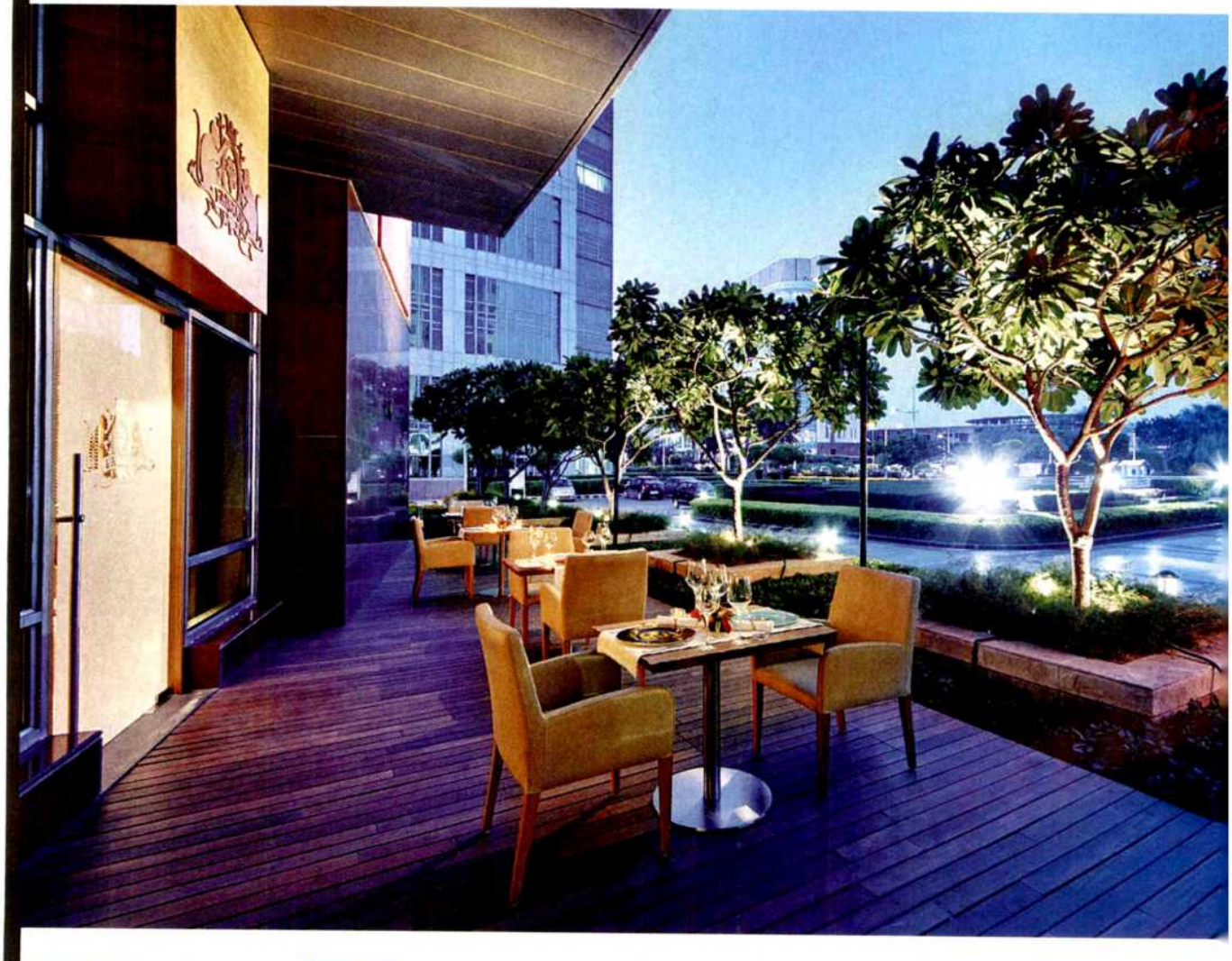
Restaurant Reviews

Live Local, Eat Global

Already blessed with some innovative fine dining options, with the opening of the stylish wine lounge and global cuisine restaurant L'Angoor, the choices have just gotten better for Gurgaon's professional community.

BY SUSMITA SAHA



A dinner at L'Angoor is an exercise in culinary excess with tables straining under mountains of premium produce and bottles of high octane vintages

In the burgeoning Indian world of fine dining, culinary wizards and wine stewards are rewriting the repast rituals. Now, L'Angoor promises to give stiff competition to the established eateries with a swank wine lounge helmed by resident sommelier Davide Zubani while executive chef Hitesh Gupta dazzles diners with his platters of chic eats.

The 40-cover restaurant at the Global Business Park in Gurgaon is neatly sliced into a bespoke lounge area and natural oak-wood dining space awash with warm lighting.

You can hit the culinary trail at L'Angoor with a zesty orange and fennel salad studded with succulent prawns or some spicy mozzarella samosas, which go down well with a glass of Felton Road Riesling 2008, redolent of ripe apricots and summer blooms.

Zubani guides you through an extensive wine list featuring vintages like Chateau Latour and Chateau Mouton Rothschild from France, Barbaresco from Italy and Opus One from the US. All the 130 labels of wine, priced between ₹1600 and ₹40,000 per bottle, are stocked in a temperature- and humidity-controlled cellar. Besides wine, tipplers can also choose from a wide variety of single malts, liqueurs, and other spirits. Complementing the fine spirits are luxurious fare such as Blue Swimmer Crab Cakes, Crunchy Apples and Gulf Prawns Wrapped in Chicken, Broiled Lobster Tail with Spicy Pomegranate Sauce as well as Seared Alaskan Halibut.

Presentation is given top billing. The chilled melon soup comes in a martini glass, streaked a funky crimson with red watermelon and white musk melon. Equally charming is a scallop appetiser where the juicy mollusc is served on a giant spoon over a bed of golden corn mush and embellished with pomegranate seeds. But the restaurant's obsession with shape and texture is best reflected in a luscious kaffir lime ice cream that's daintily scooped inside a whole orange shell.

Gupta aims to tease the palate with a starburst of Indian flavours like curry leaves, coconut milk, and mustard seeds that accent Western dishes like seared prawns. Even the lamb consommé scales new heights with a smidgen of coriander.

L'Angoor takes its liquor seriously, so prepare to be serenaded with chicken marinated in Cabernet Sauvignon, potatoes stuffed with lamb braised in Shiraz and more. The dessert offerings do not skimp on liqueurs either. The most glamorous entry in this section is the Groppino, a whipped concoction comprising Prosecco, an Italian white wine, lemon sorbet and vodka. The non-alcoholic stars of the dessert menu include mango mascarpone as well as homemade ice creams with quirky flavours like midori and rose petal.

While dinner is an elaborate multi-course affair, lunch is more casual with sandwiches, artisanal burgers and pastas. L'Angoor is glamorous and experimental in equal measure. A dinner at this outfit can only be described as an exercise in culinary excess. Well, the guests definitely aren't complaining!

Meal for two: Approximately ₹2,500 without liquor.

At: Global Business Park, Gurgaon.
Phone: 0124-4061666

Melting Pot for the Senses

Mumbai's Two One Two offers delightful delicacies.

Named after 212 degrees Fahrenheit, the boiling point of water, Two One Two in Worli is done in pristine white interior with all-wooden flooring. The menu is crisp and the portions large. Start with the delightful wood-fire oven-baked Camembert cheese with grilled vegetables, bread sticks, and rocket leaves is a delight. The Quattro formagi pizza is a succulent celebration of cheese—mozzarella, gorgonzola, fontina and taleggio are all present—but the margarita somewhat suffers because of the multiple flavours that the four-cheese pizza offers. Among the entrées, the flamboyant and flavourful mushroom risotto with parmesan shavings is a must-try.

Among the desserts, the blueberry cheesecake is outstanding and certainly better than most of its kind, as is the gooey chocolate fondant. The service is extremely attentive and the attention to detail impressive.

Meal for two: ₹2,600 sans alcohol.
At: 12 A Hornby Vellard Estate, Worli, Mumbai; **Phone:** 022-24901994.

BY ANAMIKA BUTALIA

Belgian bakery comes a-calling

Le Pain Quotidian, one of the world's best known bakeries, sets up shop in Mumbai.

BY ANAMIKA BUTALIA

The downtown dining scene just got more exciting. Adorning the heritage structure of Dhanraj Mahal at Apollo Bunder is the newest entrant in the Indian market, Belgian bakery Le Pain Quotidian. Like most LPQs in the 30 countries across the world where it has a presence, the Mumbai café has trademark patchwork on its walls, refurbished Belgian wooden furniture and communal tables.

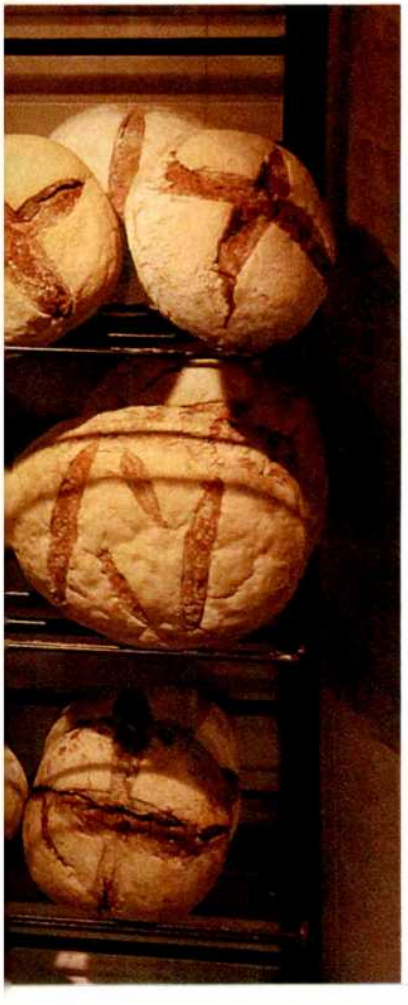
The secret of LPQ's success is a simple one: hand-rolled bread. In fact, to this day, Le Pain Quotidian (which is French for 'our daily bread') is renowned for breads made with organic, local produce. You can find them crowding the display, from rye breads to multi-grained breads, with each loaf weighing over a kilogram.

The Indian outpost of LPQ is full of surprises. The bakery opens for breakfast at 8 am and closes post-dinner; with the last order at 11.30 pm. For lunch, we start with the traditional LPQ special-lemonades and tasty chicken pesto tartines (open sandwiches). The

salmon salad overshadows its vegetarian counterpart by a mile. The generous use of parmesan shavings and salmon with a little balsamic dressing provides texture to the rocket leaves. The best way to enjoy it is to also order the bread basket, which contains a selection of LPQ's breads. The hot chocolate is a delight as is the hot cocoa that washes down the delicious apple crumble pie.

LPQ doesn't disappoint on the views either. A cool sea-breeze tempers the weather at the outdoor seating area which offers a view of the Gateway of India and the Arabian Sea in the background. A quintessential Mumbai view for a great new eatery.

Meal for two: ₹1,400 sans alcohol.
At: Dhanraj Mahal, Apollo Bunder, Colaba, Mumbai.
Phone: 022-66150202



The French Connection

French food takes courage and Chez Vous, a new Gallic restaurant in Mumbai, has it in spades. Now if only the service would improve.

BY ANAMIKA BUTALIA

Bringing a new cuisine into the city is big news. And yet, Chez Vous—French for 'your home'—is surprisingly small. Though the bistro's multi-level seating makes it look larger than it really is, the place accommodates only about 40 covers at one go. In sync with its theme, the eatery is designed with overstuffed sofas and table arrangements and chairs that bring to mind Parisian cafés.

Chez Vous' menu is a little haphazard. There are different menus for snacks, lunch and dinner. There's also a regular multi-course meal offering alongside a long list of burgers and sandwiches and a multiple meal combo option. Ordering here can be confusing, to say the least.

Although the staff don't always know their way around the wine list, their meal recommendations are worthy of praise. The succulent, Chunky Chicken Breast with Pesto Sauce, served with potato and cottage cheese is sumptuous. The Rare Salmon Fillet served with mashed potatoes comes with a wonderful balsamic sauce, making it one of the best dishes on the menu. The vegetarian burger is kind of overwhelmed by molten cheese, which draws attention away from the juicy patty and the dressing that coats the inside of the bread.

The creamy absinthe cocktail definitely helps lift the mood, as do the desserts that follow. The dual sorbet with fruity options (the guava and watermelon version is really good) served with coffee ice cream is worth a try.

While bringing in a rather bland cuisine definitely gives Chez Vous' owners something to be proud of, the food needs to be consistent, the service needs to improve. Perhaps, providing such an extensive menu is not that good an idea. But operations are bound to get better soon, we're told. We're waiting.

Meal for Two: ₹2,700
At: Eros Building, M.K. Road, Churchgate, Mumbai.
Phone: 07738386339

VEGETABLE SIZE

LIVE LIFE

If it tastes good, spit it out ... and live to 96. At last, a health guru has lived long enough to suggest that he may have been right. But is a spartan diet really the key? Read on.

BY MATT RUDD

What is the life expectancy of a health guru? Let's just take a random sample. Robert Atkins, the man who persuaded millions to eat bread-free sandwiches: dead at 72. Would he have slipped on that ice if he'd had a proper meal? Jim Fixx, the man who tried to get America jogging: kicked the bucket at 52 from a heart attack during his afternoon run. Michel Montignac, bestselling author of *Eat Yourself Slim ... and Stay Slim!*: shuffled off this mortal coil at 66. But then, this January, Jack LaLanne, the 'godfather of fitness', died at the ripe old age of 96. Finally, we have a guru who looks like he could have been right.

Could the way LaLanne led his life be the way we should be leading ours? Should we all start living the Jack LaLanne lifestyle? It isn't an easy one to follow. At the age of 15 and living in Oakland, California, LaLanne was a junk-food junkie. His father had died of a heart attack at the age of 50 and the unruly, unhealthy adolescent looked to be heading the same way. He was also beset by behavioural problems, having attacked his brother with an axe, tried to set fire to the family home and been expelled from school. In desperation, his mother took him to a talk by Paul Braggs, the 'wellness guru' (who, by the way, made it to 81, though he claimed he was 95). The talk had an effect and LaLanne turned his life around.

"I was psychotic with sugar," he recalled. "But I got off it, became a strict vegetarian, started juicing, taking brewer's yeast, going to the YMCA." Within a year, he had become his school's star athlete and, at the age of 19, won a contest for the World's Best Built Man. He went on to open one of the world's first health clubs and became a household name in the 1950s with the Jack LaLanne Show. He also performed a series of audacious stunts, such as swimming from Alcatraz Island to Fisherman's Wharf in San Francisco towing a half-tonne boat. While wearing handcuffs.

To live the LaLanne lifestyle, the first thing to do is give up red meat, particularly if it's processed. Or, as LaLanne himself put it: "If man made it, don't eat it."

Prepare to eat a lot of vegetables, particularly raw, juiced ones. But is there any evidence that carrot juice will make you live for ever? "We are not aware of anyone who has done a specific longevity study," admits Liz O'Neill, of the Vegetarian Society. "But there are studies which show that vegetarians as a group have a lower incidence of obesity, heart disease, high blood pressure and type-2 diabetes. It's no surprise to us that LaLanne, with his carefully balanced, vegetarian diet, lived a long life.

"Vegetarianism is a great way to avoid some of the common killers. It's not a panacea but it certainly helps."

"Is it worth living to 96 if you can't eat a nice filet mignon?" I ask, quite reasonably, I think.

"Is it worth living at all if you have blood on your hands?" replies O'Neill.

Brace yourselves for lentils...Nevertheless, Britain's oldest man, the 108-year-old Rev Reg Dean, is a vegetarian. George Bernard Shaw, who lived to 94, was a vegetarian. Luigi Cornaro, the Venetian nobleman, gave up meat at 35 after almost dying of Renaissance red-meat excess. He lived for a further 64 years—not a bad innings for the 16th century.

Welcome to South Africa

The Adventure Capital of the World…

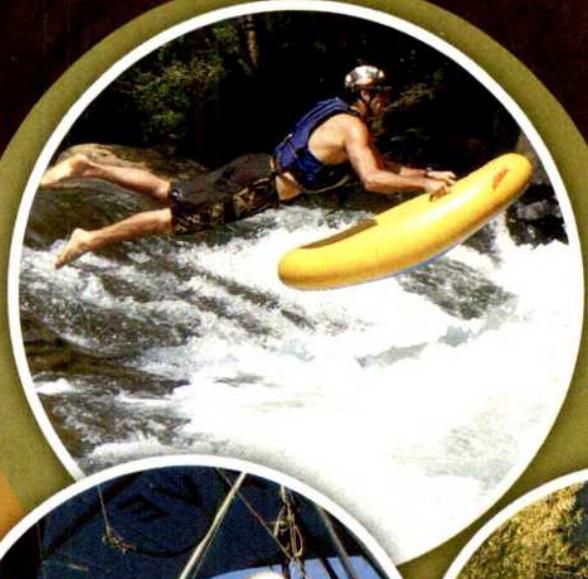
Surrounded by the Atlantic and Indian Oceans, South Africa contains some of the most breathtaking scenery on earth and 3000 kilometres of coastline along its magnificient mountains – often side by side. The country's diverse terrain, together with an ideal climate for outdoor activities, makes it a rich hunting ground for adrenaline seekers; from abseiling & rapp jumping from the Table Mountain to diving at Sodwana Bay or simply rock climbing at Waterval Boven in Mpumalanga. It is all right here!

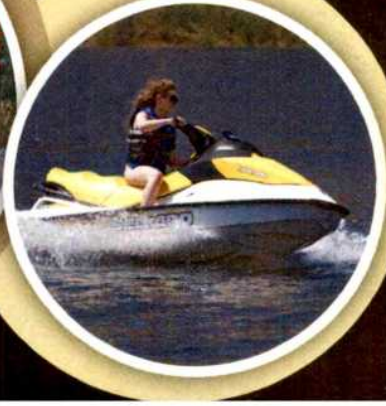
Adventure tourism for the longest time was believed to be an engagement for the rich or the restless. Over the years, choices have evolved and diversified massively with adventure attractions drawing a significant interest in recent years. With an onset of adventure tourism scaling upwards in the tourist choice of holiday activities, as of August 2010, the average tourists spend has been pegged at $89 billion!

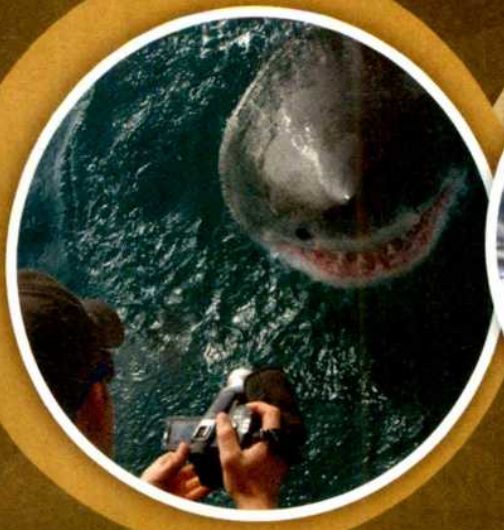
Situated at the southern tip of a large continent, South Africa offers an array of world-class activities - abseiling, rapp jumping, bungee jumping, bridge swinging, canoeing, rafting, kayaking, fishing, flying, paragliding, hiking, horseback safaris and trails, mountain biking, rock climbing, scuba diving, skydiving, windsurfing, horseback safaris, river rafting to name a few! All this and more are supported by dedicated operators and local enthusiasts of these high energy activities.

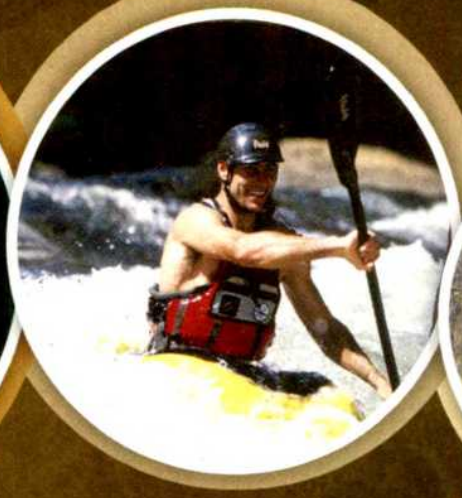
Do you bite off your nails whilst watching thrillers and stuntmen walk off buildings at the movies? Feel the similar thrill right here in South Africa, by hanging out high over Cape Town abseiling from Table Mountain. The "long drop" is 112m high - and about a kilometer above the city - making it the world's highest commercial abseil. And if you find rocks way too adventurous, choose to abseil - down buildings in Durban and Johannesburg, or even rapp jump if you like! Rapp jumping is abseiling with the ropes attached to your back instead of your front, so you go down facing the ground - and at a run, if you're in a hurry … but you will need to have a strong heart to watch the long drop down!

South Africa is the only adventure tourism destination which is natures ecological theme park allowing a combination of adrenaline rushing activities. Close to Knysna, the traveler can enjoy wonderful views, combining abseiling with a 'kloofing' trip down the Storms River Gorge, which involves a 100m abseil into the gorge, a tubing trip down the river, a short walk out of the gorge and then a cycle back to the village.









The Rainbow nation as it is fondly addressed is an outdoor enthusiast dream come true. It is blessed with a gripping combination of many rivers, breathtaking scenery and a year-long fresh climate that includes paddling through a variety of water sports. You can canoe, raft and kayak – down the popular Orange, which forms the country's northern border with Namibia. The long, green-fringed oasis running through the mountainous desert area is known as the Richtersveld and is known to be incredibly scenic with quite a few fun rapids to wade through. To suit the moods of travelers who would like to paddle by day and party by night, there are two trips on the Breede River. This one day wine tasting trip near Worcester really is just an excuse to have a lovely picnic and sample some local wines, with a little bit of paddling thrown in. Lower down, near Swellendam, two-day trips are run on some small rapids and quite rocky sections. This section is used mainly for corporate MICE trips.

From adventure on ground another thrilling 'must do' in the sky is skydiving. A highly recommended activity for a first timer, this activity is comparatively cheaper to undertake in South Africa opposed to anywhere else globally. The scenic beauty that rivets through the jump is simply matchless. You can choose between a standard static line jump or a tandem jump, where you are tied to an instructor who makes the decisions for you.

With a range of national parks and game reserves, South Africa is also pre-dominantly known for its safaris and wildlife. A nation that finds an adventure activity in all its natural surrounding has one more 'must try' to add to their list of things to do. When in Oudtshoorn in Karoo forego – try the unique Wild Ostrich ride. Visit one of the Ostrich Show Farms in Oudtshoorn and dare to sit on an ostrich or even perhaps participate in the "Ostrich Derby" (not for the faint hearted)!

The country with an expanse of different marine life also introduces an exhilarating line up of maritime adventure sports to explore. Cage diving with the Great White Shark is a must do for the sturdy hearted. A heart stopping activity that can be best described as the close encounter with the star of Spielberg's 'JAWS' sequel. With the largest coastal line you will find several operators offering cage diving packages. The diving cage is especially designed with 12mm galvanized steel to withstand the bite of a Great White while still allowing the diver a good view of the shark.

An adventure traveler can also undertake special glides offering spectacular aerial views of nature reserves. Hop onto a Canopy tour where people glide over the tree top canopy, to experience the thrill of the longest Cable Trail in Africa. And while there don't miss a Quad bike adventure, which is a great way to have fun and explore the beautiful surroundings of South Africa. Ride various terrains, suited to your groups experience; it is not just for the boys…'ladies' we have something here for you! Getaway for the weekend or just the day and get your adrenalin pumping while exploring splendid landscapes.

Ofcourse the trip is not finished until you visit to Phinda Private Game Reserve situated in the lush Maputaland region in northern KwaZulu-Natal, Tiniqua treetops and Cheetah Farm in Western Cape.

While the preference for adventure tourism market is burgeoning – jumping off cliffs and diving with sharks is not exactly the only kind of adventure – hiking, rafting or cycling holidays are fun for everyone. South Africa has all of this and more! Try it in this lifetime…

This is all anecdotal. I bet we could find some young, dead vegetarians if we looked.

Time for a brutally objective scientific view. Timothy Key, a professor of epidemiology at Oxford University, is a leader in the European Prospective Investigation into Cancer and Nutrition. He has spent years studying the relationship between vegetarianism and longevity, so if anyone can say whether you're more likely to live longer if you give up sausages, it's him.

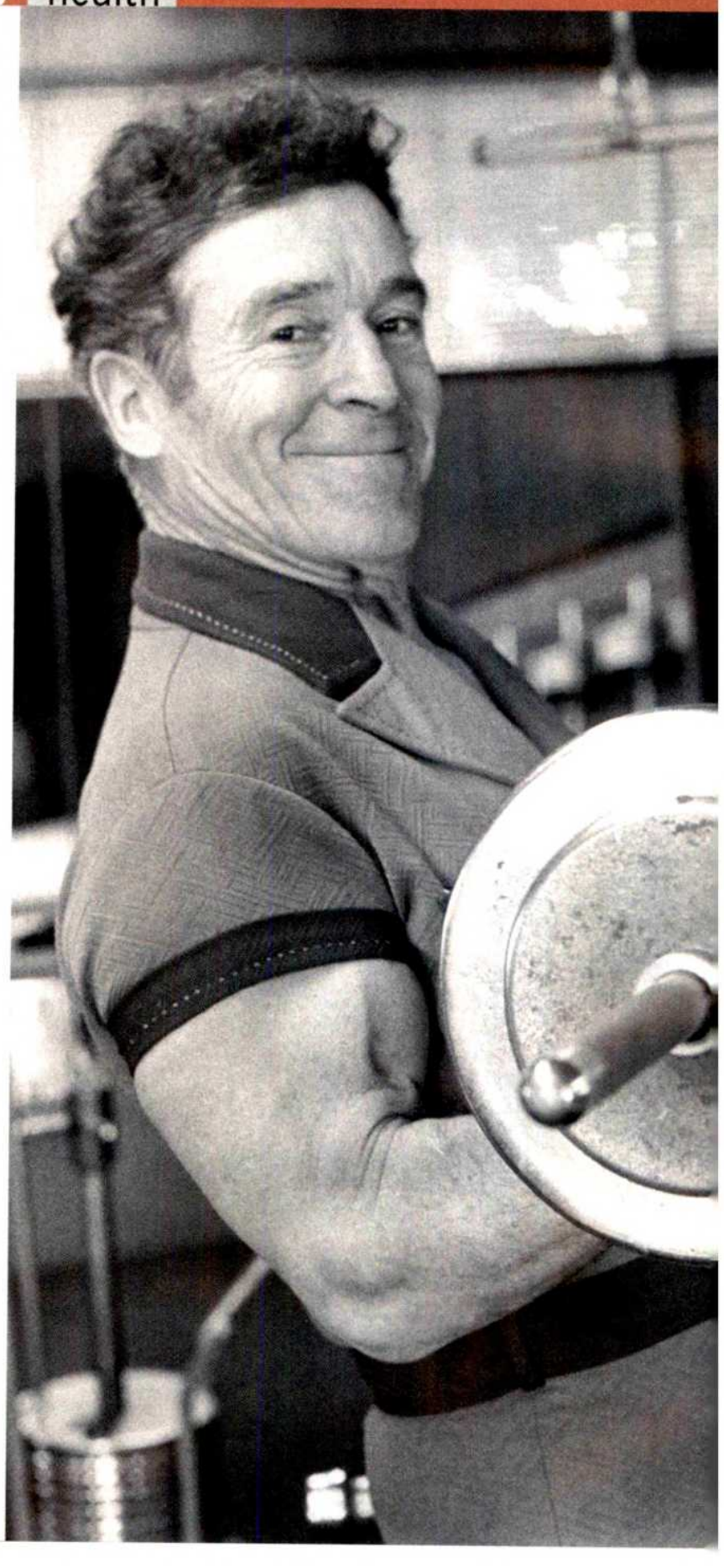
But he can't. "Using the most up-to-date data we've got, there's little or no difference between vegetarians and non-vegetarians in total causes of death," he says.

"The understanding of the effect of diet on health is really not very good. We know about vitamin deficiencies, but beyond that it has proved more difficult to work out how diet affects major things such as heart disease and colon cancer. If there was some huge effect, we would have picked it up. There are so many diseases for which there is no data—dementia, Parkinson's, multiple sclerosis. Being a vegetarian could be really good or really bad for several of those, but we just do not know. Nobody does."

Professor Brian Kirby, a pioneering doctor in the prevention of heart disease and co-author of the book *How to Live to 110*, says we don't have to give up red-meat. He is of the "all things in moderation" school of longevity, and suggests that the single-most important thing LaLanne did to make it to 96 was to steer well clear of cigarettes.

"There are lots of other vices you can take up in life that are far less risky than smoking," he says, before refusing to tell me what they might be. "You name the disease, smoking stands as the main culprit.

"LaLanne should certainly be praised for getting people to think about their bodies, but he spent two hours a day doing physical activity. Most of us struggle to find even half an hour. And he was focused on muscle-building. That was successful for him,



WITH 'IF IT TASTES GOOD, SPIT IT OUT' AS MOTTO, LALANNE ATE EGG WHITES, BROTH, OATMEAL WITH SOY MILK AND FRUIT FOR BREAKFAST AND RAW VEGGIES AND EGG WHITES FOR DINNER

but for most people the benefits of exercise come from the more mundane things, such as taking the stairs instead of the lift. Trying to exercise like him is going over the top."

One of LaLanne's many mottos was "If it tastes good, spit it out." For breakfast, he ate hard-boiled egg whites, a cup of broth, oatmeal with soy milk and seasonal fruit. For dinner, he ate raw vegetables, egg whites and, for a treat, a piece of fish or a roast turkey sandwich. "Do you know how many calories are in butter and cheese and ice cream?" he once asked. "Would you get your dog up in the morning for a cup of coffee and a doughnut?"

Mercifully, Kirby does not advocate such limitations. He points out that there are plenty of things that taste good but are also nutritious. We can even have the odd doughnut. And we don't have to do two hours of weights every day before breakfast, either. That's the good news. The bad news is that we still have to get the basics right.

"A lot of people are still smoking. A lot of our calorie intake is still from alcohol. Many of us aren't looking at what we're eating. And it's no good signing up for the gym and deciding one month later that you've had enough," he says, as if he knows that I've just cancelled my gym membership.

"You have to find a way in which you can take that activity all through the year. If you do all those things, you will have a better chance of living a long life.

"Because people don't die of old age; they die of disease. They die of things to do with rotting their blood vessels, they die of coronary disease, they die because they have been overwhelming their systems with carbohydrates and saturated fats."

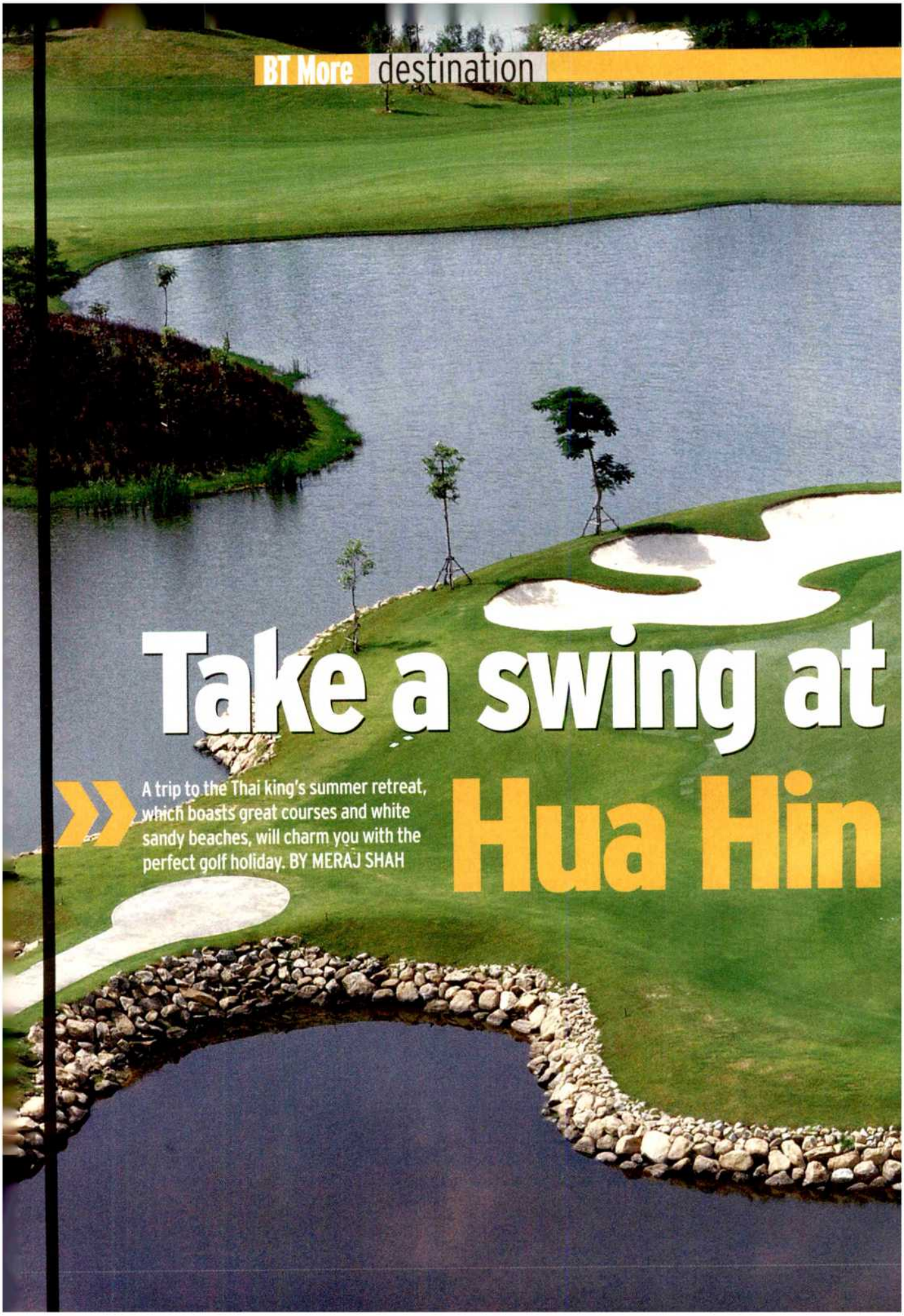
So LaLanne was right? We have to eat more fruit and vegetables? I should go out right now and buy a juicer? "There's a lot to be said for juicers," says Kirby, "but the main thing is that you're eating vegetables. You don't have to juice them."

So there you have it. LaLanne, the man Arnold Schwarzenegger described as 'an animal' after he beat him in a bodybuilding competition, might have lived to 96, but we don't have to copy him.

We do, however, have to have our five a day, at the very least. Sorry. ■

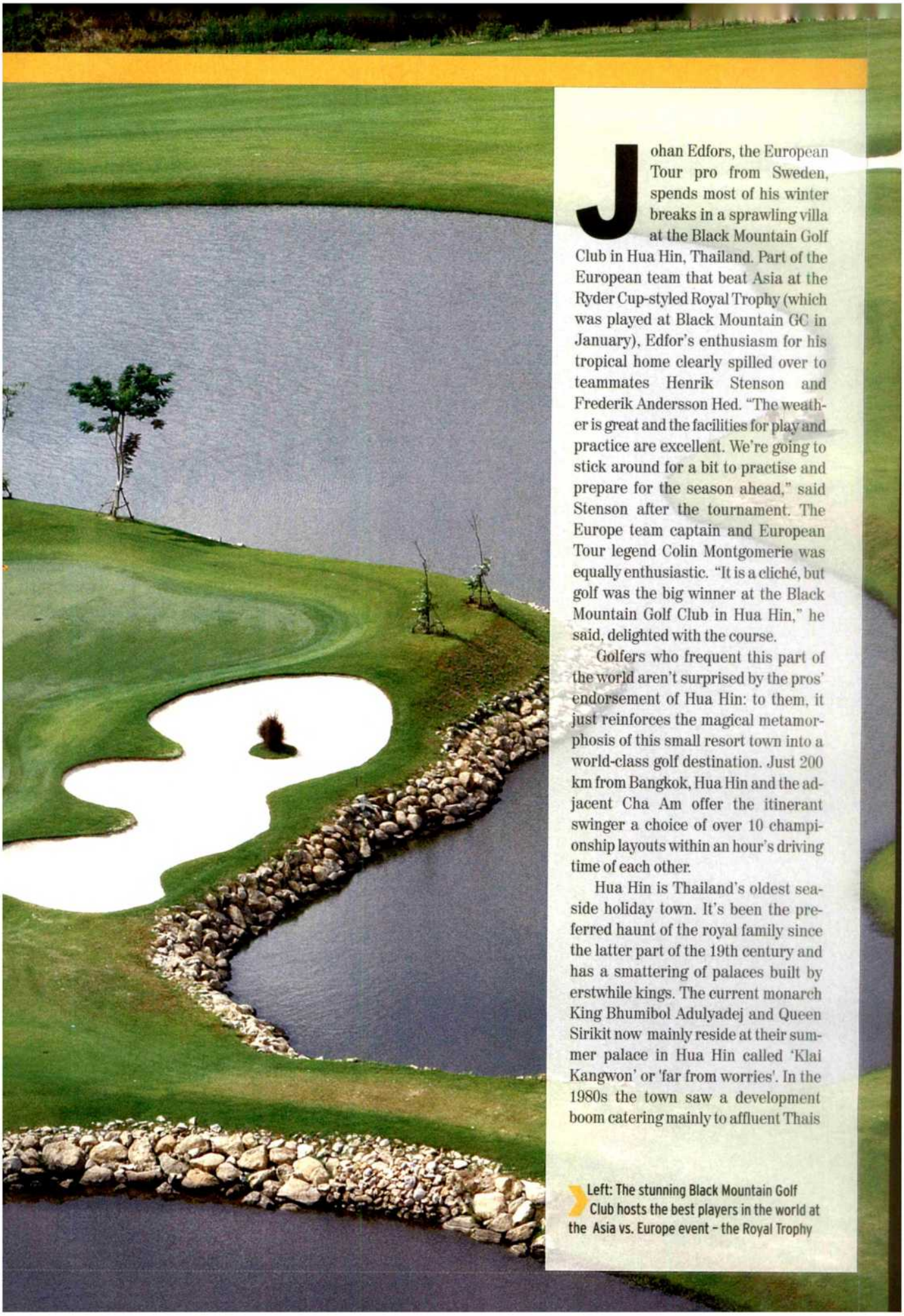
(Courtesy: The Sunday Times)

LaLanne, who spent two hours everyday exercising, at his health club; **Top Right:** A couple enjoys a well-balanced meal.



Take a swing at Hua Hin

A trip to the Thai king's summer retreat, which boasts great courses and white sandy beaches, will charm you with the perfect golf holiday. BY MERAJ SHAH



Johan Edfors, the European Tour pro from Sweden, spends most of his winter breaks in a sprawling villa at the Black Mountain Golf Club in Hua Hin, Thailand. Part of the European team that beat Asia at the Ryder Cup-styled Royal Trophy (which was played at Black Mountain GC in January), Edfor's enthusiasm for his tropical home clearly spilled over to teammates Henrik Stenson and Frederik Andersson Hed. "The weather is great and the facilities for play and practice are excellent. We're going to stick around for a bit to practise and prepare for the season ahead," said Stenson after the tournament. The Europe team captain and European Tour legend Colin Montgomerie was equally enthusiastic. "It is a cliché, but golf was the big winner at the Black Mountain Golf Club in Hua Hin," he said, delighted with the course.

Golfers who frequent this part of the world aren't surprised by the pros' endorsement of Hua Hin: to them, it just reinforces the magical metamorphosis of this small resort town into a world-class golf destination. Just 200 km from Bangkok, Hua Hin and the adjacent Cha Am offer the itinerant swinger a choice of over 10 championship layouts within an hour's driving time of each other.

Hua Hin is Thailand's oldest seaside holiday town. It's been the preferred haunt of the royal family since the latter part of the 19th century and has a smattering of palaces built by erstwhile kings. The current monarch King Bhumibol Adulyadej and Queen Sirikit now mainly reside at their summer palace in Hua Hin called 'Klai Kangwon' or 'far from worries'. In the 1980s the town saw a development boom catering mainly to affluent Thais

Left: The stunning Black Mountain Golf Club hosts the best players in the world at the Asia vs. Europe event – the Royal Trophy

from Bangkok. The first to come up were condominiums along the seafront, and then came the golf courses.

The jewel in the crown is undoubtedly the Black Mountain course. One of the newer courses (it opened in 2007), it is characterised by a rocky outcrop and is set in the shadow of the Black Mountain. The course, designed by Phil Ryan, is a modern layout replete with large greens and bunkers highlighted by red pampas grass—a feature that is common on Thai courses-- and the natural creeks that run through the course. The par-3 11th hole bears Ryan's signature with a green that is cradled by a wall of white stones and protected by an expanse of water. The course also features dramatic elevation changes which make for interesting tee shots, especially at the downhill par-5 sixth hole with its twin fairways.

Right: The vintage railway station; Below: The Wako science park, in the village of Huay Yang, is a perfect getaway for kids

Another relatively new addition on the golf scene is the striking Banyan Golf Club that opened three years back. Banyan is a long driver's delight with many holes featuring elevated tees. Water comes into play on most holes and precision hitters have equal opportunities to make up strokes via alterna tive routes, especially on the fifth eighth and 16th holes, which force a de cision off the tee because of a lone tre lurking in the middle of the fairway.

The Royal Hua Hin Golf Club is th oldest in Thailand and a must-play fo

THE DIGS IN HUA HIN CATER TO ALL BUDGETS AND YOU CAN GET A DECENT ROOM IN TOWN FOR AS LITTLE AS ₹900 A NIGHT. POSHER OPTIONS WOULD INCLUDE THE SHERATON HUA HIN.

Top: The Sheraton has an idyllic pool as well as a private beach; Above: Its easy getting a tan on Hua Hin's virgin beaches

THINGS TO DO

1. Hua Hin has Thailand's largest expanse of white, sandy beaches.
2. Kitesurfing is all the rage and three-day classes set you up for a great time on the beaches.
3. For great marine life, head out to the Wako Science Park.
4. Check out the vintage railway station and the night market.

WHERE TO STAY:

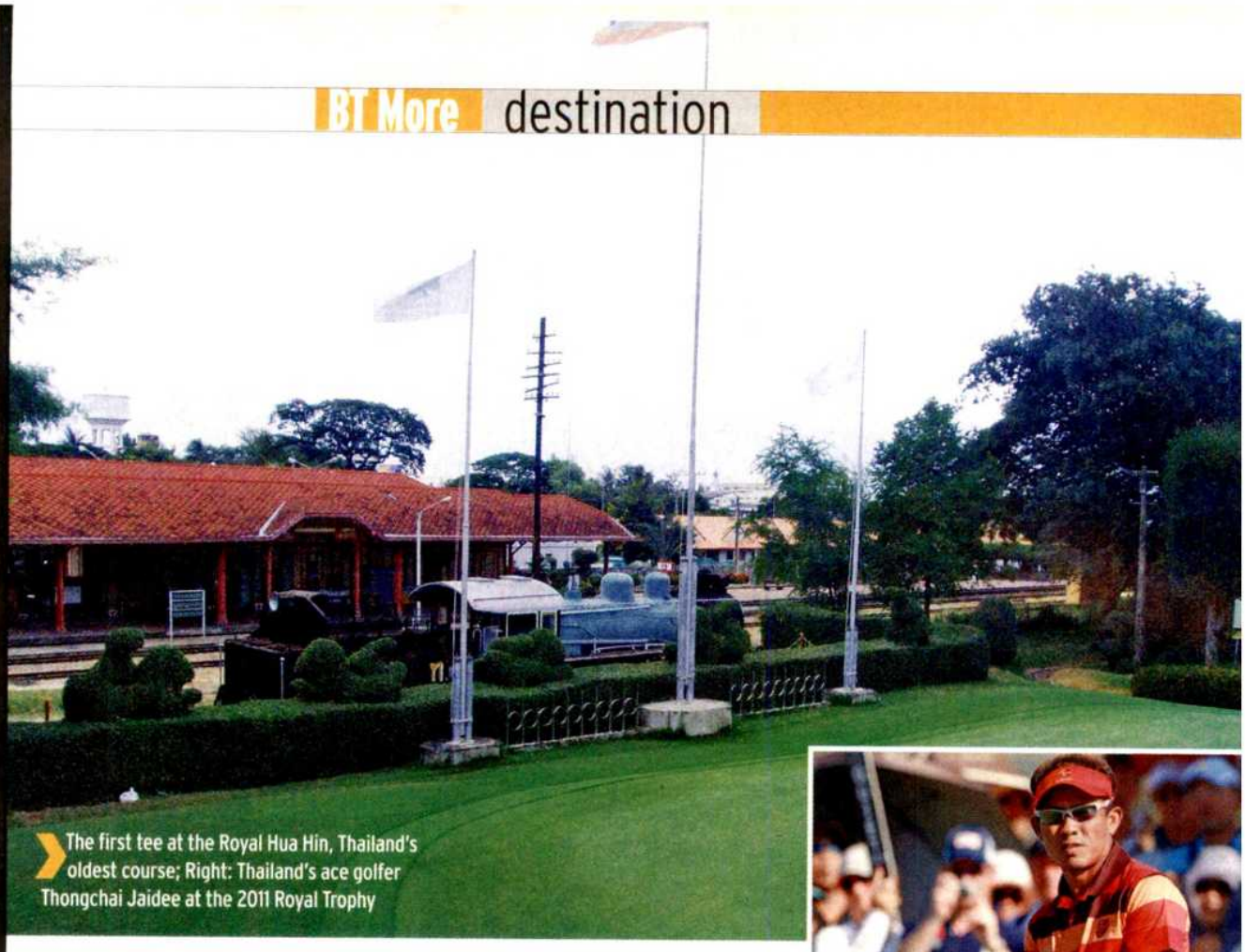
Imperial Beach Resort
Very reasonably prices sea facing resort just outside the city limits. For bookings log on to http://www.imperialhotels.com/imperialhuahin/ or call +66 (0) 2261 9000

Sheraton Hua Hin Resort & Spa
The Sheraton has a choice of mid to high range rooms and suites. Located ten minutes from the city center.
For information and bookings log on to www.sheraton.com/huahin or call +66(0)32 708 000

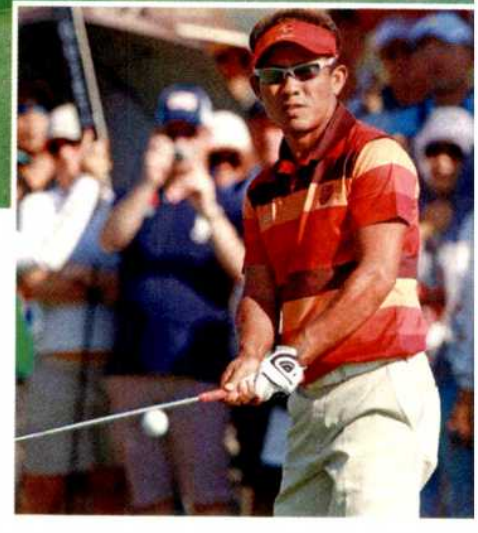
visiting golfers. Local golfer Setaphan Buddhani, who's been coming here for the past two decades, plays a game with us here. He points out an area of thick undergrowth behind one of the greens on the front nine. "Twenty years ago, I saw Tiger there," he says. "Really?" responds a perplexed member of our group. "I know his mother's Thai but I didn't realise he was playing here when he was so young!" "No, no," says Buddhani, exasperatedly. "I don't mean Tiger Woods. I saw a real tiger here!" Well, it's not that hard to imagine; the course—which opened in the 1920s—is still surrounded by lusty verdant forests and has an old-style parkland feel to it.

While playing here, it's difficult not to make comparisons with the courses back home, as unfair as that might be. At the Springfield Golf Club which recently hosted the Asian Tour's qualifying school, your bag is taken from the car and deposited at the first tee at your designated tee-off time. All the caddies are exceedingly polite, and the club cart comes around just as you finish the front nine to ask if you need anything. Between holes, the club manager turns up and gives you insider information on the best restaurants in town and what to do in your free time once you're off the course. The entire machinery, is geared to take care of visiting golfers.

The digs in town cater to all budgets and you can get a decent room in town for as little as ₹900 a night. If you're looking for something plusher, then check into the Sheraton, which is a 10-minute drive from the town centre, just off the newly-constructed main highway to Bangkok. The sea-facing hotel is a favourite with Indians, especially as a wedding venue. The hotel has a great spa and packages for golfers starting at ₹8200 (for a couple) a day. Our next stopover on the trip is the Imperial Beach Resort. It is a smaller, quieter property, nestled next to the sea and quite economical. The only barrier is



The first tee at the Royal Hua Hin, Thailand's oldest course; Right: Thailand's ace golfer Thongchai Jaidee at the 2011 Royal Trophy



HUA HIN GOLF GUIDE

Black Mountain Golf Club
18 holes, 7343 yards, Par 72
Designed by Phil Ryan (2007)
Travel time (from Hua Hin): 20 minutes
Green fee: ₹ 4500

Banyan Golf Club
18 holes, 7361 yards, par 72
Designed by Golf East Co. (2008)
Travel time: 15 minutes
Green fee: ₹ 5,300

Royal Hua Hin Golf Course
18 holes, 6678 yards, par 72
Designed by O.A. Robbins (1924)
Travel time: 5 minutes
Green fee: ₹ 3700

Springfield Royal Country Club
27 holes, 7000+ yards (each 18 holes), par 72(18)
Designed by Jack Nicklaus (1993)
Travel time: 25 minutes
Green fee: ₹ 5,500

Imperial Lake View
36 holes, 14,191 yards, par 72 (each 18 holes).
Designed by Roger Packard (1993)
Travel time: 20 minutes
Green fee: ₹ 3,600

Majestic Creek Country Club
18 holes, 6961 yards, par 72
Designed by Sukitti Klangvisai (1993)
Travel time: 30 minutes
Green fee: ₹ 4,000

Palm Hills Resort and Country Club
18 holes, 6890 yards, par 72
Designed by Max Wexler (1991)
Travel time: 15 minutes
Green fee: ₹ 3,600

Hua Hin Seoul Country Club
18 holes, 6614 yards, par 72
Designed by Robert McFarland (1992)
Travel time: 25 minutes
Green fee: ₹ 1,400

language. But though few Thais speak English well, it's obvious that they've dealt with the impediment long enough to find ways around the problem. And they do that rather well by using whatever words they do know and using gestures to fill in the gaps.

At just over five hours in travelling time from New Delhi (and less from Mumbai), Hua Hin makes a compelling case as a destination for golfers. Even better, you needn't feel (or be subjected to) the guilt typically associated with a trip to Thailand: the clean beaches, a complete absence of sleaze (the Royal connection ensures that), and the best seafood Thailand has to offer make Hua Hin an easy proposition to sell even to your significant other. ■

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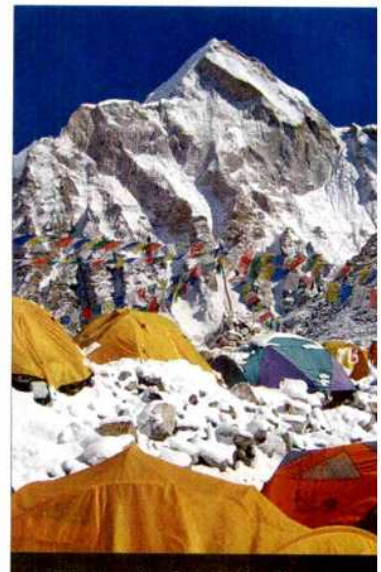
ON THE MOVE

The Traveller's Page

Romancing the River

River cruising is a highly pleasurable and convenient way of seeing the world's greatest cities. Shouldn't miss this boat.

By its very nature, river cruising is a far more intimate affair than sailing on the behemoths that navigate the open seas. With most of the world's great old cities located along waterways, river cruises are the best way to explore them. Think lazy days spent soaking up the local scene, both on and off the boat; minimal dawdling; unpacking only once; and no fears of motion sickness. The flat-bottomed shape of river ships ensures a smooth ride. At this time of the year, with winter melting away and summer yet to swelter up, cruise touring in Russia and the Ukraine is a particularly good idea. With Viking River Cruises offering 'two-for-one' offers, there's an added incentive to take the plunge. The 'Waterways of the Czars' will take you from St. Petersburg to Moscow in 13 days. Spend the days touring the two premier cities' important landmarks—Moscow's Kremlin and Red Square, St. Petersburg's Pushkin, Peter and Paul Fortress and the Hermitage—and discover Russia's heartland through visits to the ancient villages of Yaroslavl, Uglich and Goritzy. Prices start at ₹1.42 lakh per person. If it's Ukraine that you fancy, take the 12-day 'Footsteps of the Cossacks' cruise on the Dnieper river. Tour palaces, monasteries and botanical gardens in Kiev, Yalta and Odessa, learn about the country's maritime history in Sevastopol and immerse yourself in Cossack traditions in Zaporozhye. Priced at ₹93,726 per person. Accommodation is in staterooms done up Scandanavian-style for choreographed cosiness. Every stateroom is an "outside" room—with a river view through a picture window or French balcony. *www.vikingrivercruises.com*



Mountain High

Calling the mighty-hearted (and nimble-footed). While attempting to traverse the entire Great Himalayan Trail, the world's longest and highest trekking trail, might be too ambitious, a 34-day Makalu and Everest trek, which forms part of the trail, is coming up courtesy World Expeditions. An intensely tough trek, you've got to be of sound mind–and body–to try this. But needless to say, the pay-off is magnificent. The best part: you will have the legendary Himalayan climber Stephen Venables as your guide, not to mention a team of crack Sherpas looking after you. This trip runs from March 13 to April 15, and will cost around ₹3.17 lakh, which is exclusive of airfare but includes all accommodation, internal transport, meals and fees. Joining in Kathmandu. For more information, log on to www.worldexpeditions.com

Savour Japan in the Spring

For the Culture Vulture

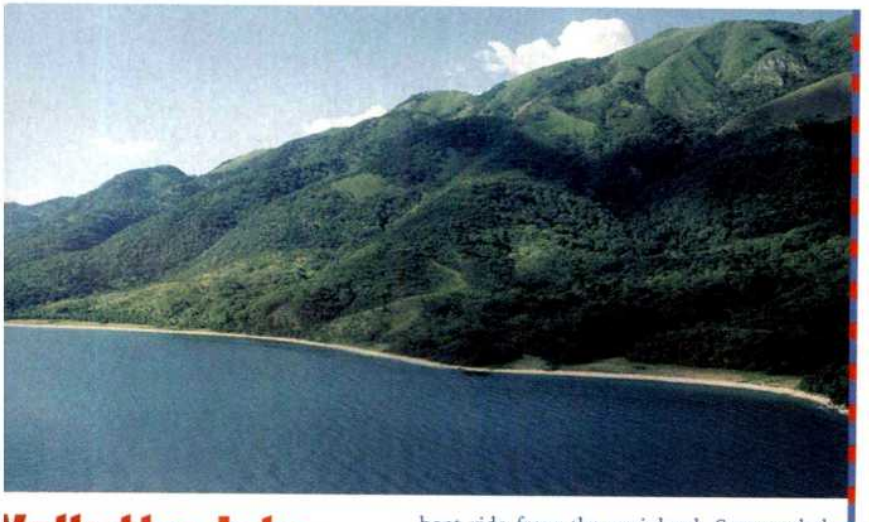
At Kyoto, Japan's original capital city, watch Japanese women celebrate the Hina Matsuri doll festival this March and pray for their daughters' health and happiness. Choose to stay at a Ryokan, which is a traditional inn filled with futons, antiques and kimono-clad staff. Hiiragaya Ryokan is a good option with stays starting at £228 (₹16,729) including breakfast and dinner. www.hiiragiya.co.jp/en/

For the Foodie

Tokyo, the neon-clad home of the pickled sea-slug and horseradish chocolate, has sped past Paris, London and New York to become the most delicious city on earth with the most 'stars' in the *Michelin Food Guide*. Not surprising when you consider that the city can satiate the most discerning of palettes with restaurants dishing out gourmet French food as easily as noodles and sashimi. www.gnavi.co.jp/en

For the Outdoorsy

While all four of Japan's seasons are distinctively spectacular, spring is particularly breathtaking owing to the gorgeous cherry blossom. To savour them at their best, head to Tohoku where the Hirosaki-koen Park has 2,600 trees of 50 varieties of cherry blossoms. Make your next stop at Hokkaido, where the Matsumae-koen Park boasts 10,000 cherry trees of 250 varieties. www.japantravelinfo.com



Valk the Isle

ı an increasingly-connected world, imagne stepping into territory that's far noved from the Twittering world of ıckberries, laptops and social network-ɡ. We're talking about Lupita Island sort and Spa at the southern end of Lake ıganyika in Tanzania. Built on a 110-e private island, it offers the unbeatable ınd of silence and uninterrupted views Africa's second-largest lake. The resort is essible by air (it has its own private strip on the mainland) and a 15-minute boat ride from the mainland. Surrounded by a combination of dense indigenous forest, open grassland and rocky outcrops, the resort is designed to blend in with the environment. It has 11 sumptuous suites and two family cottages, placed over 30 metres apart for privacy, as well as a lake cruiser that sleeps six and is available for trips to Mahale Mountains Chimpanzee Park and Gombe Stream Chimpanzee Sanctuary. Lupita is offering special rates for March and you can get a cottage for $1,560 (₹68,685) per cottage. More details on www.firelightexpeditions.com

FORM-IV

Place of Publication:	New Delhi
Periodicity of its Publication:	Monthly
Printer's Name:	Ashish Bagga
Nationality:	Indian
Address:	K – 9, Connaught Circus, New Delhi – 110 001
Publisher's Name:	Ashish Bagga
Nationality:	Indian
Address:	K – 9, Connaught Circus, New Delhi – 110 001
Editor's Name:	Chaitanya Kalbag
Nationality:	Indian
Address:	K – 9, Connaught Circus, New Delhi – 110 001

Names and Addresses of individuals who own the newspaper and partners or shareholders holding more than one percent of the total capital:

Owner: M/s. Living Media India Limited, K – 9, Connaught Circus, New Delhi – 110 001.

Shareholders holding more than one percent of the total capital of the owner company:

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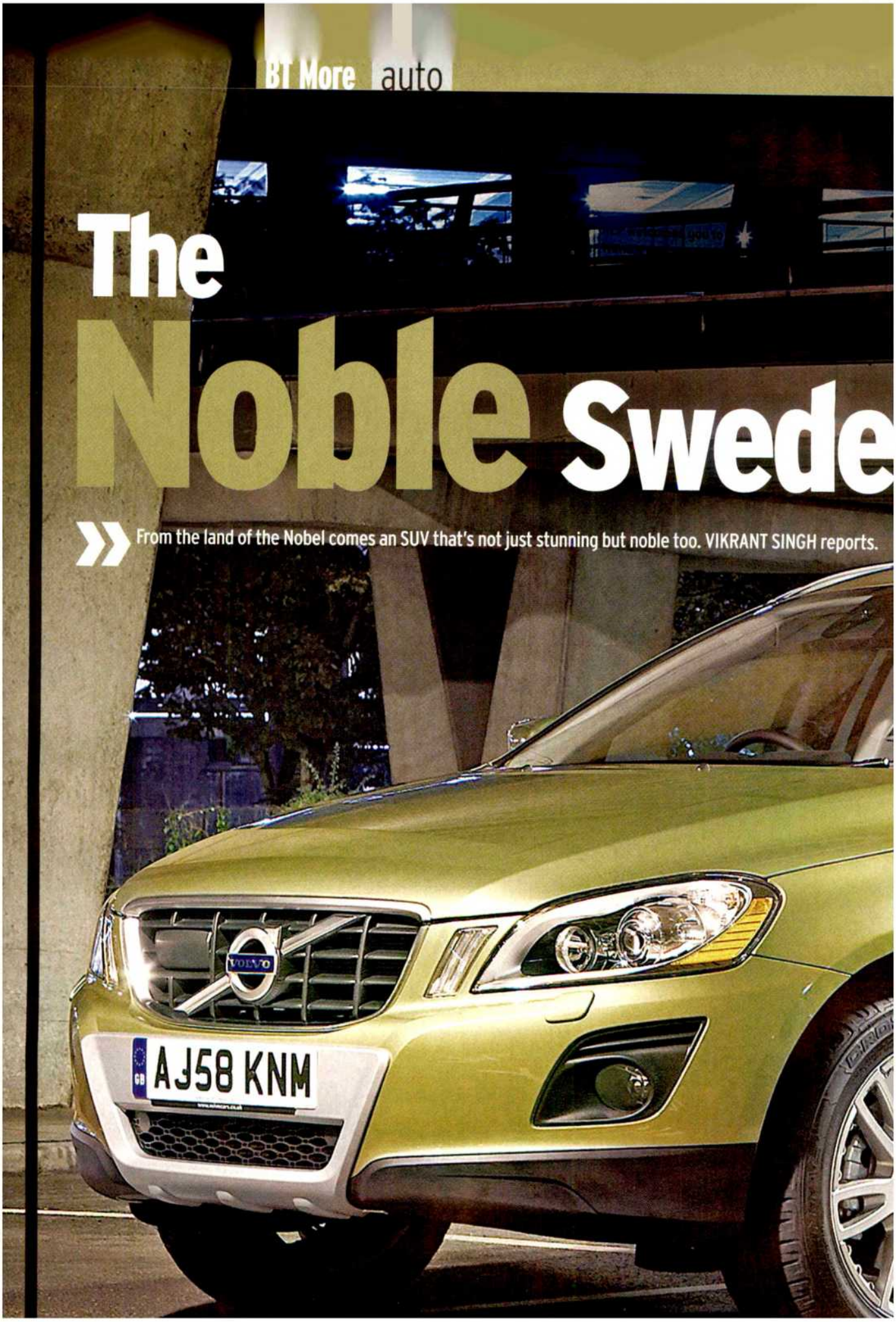
Date: March 1, 2011

Sd/-
Ashish Bagga
Signature of Publisher

The Noble Swede

From the land of the Nobel comes an SUV that's not just stunning but noble too. VIKRANT SINGH reports.



Think automobile safety and one of the first names to come to mind is Volvo. Think dynamism or beauty or aspiration and Volvo is nowhere in the picture. Now, you might argue that neither is Hyundai, but Volvo is a premium brand, one that competes with the likes of Audi, BMW and Mercedes; brands that one would give an arm and leg to own. It's completely Volvo's fault; because the company has not marketed any product in India that one could call sexy. Till now, that is. Say hello to the Volvo XC60. With edgy headlamps, Christmas tree-like tail lamps and pronounced design lines including a high belt line that gives the car a terrifically racy stance, this is an SUV worth beholding. It's well endowed inside as well. Fresh-looking and upmarket, it is loaded with equipment. Consider the two-zone climate control system, Bluetooth connectivity and SatNav and how everything from the mirrors to the seats to the tail gate is powered.

The Volvo XC60 fuses good looks with comfort and superior tech

We quite like the Volvo's seats; the rear ones in particular. Typical of Volvos, they are large and extremely comfortable. The support for the thigh and sides is particularly impressive, making this a pleasurable ride. But then, the XC60 is totally focused on comfort, which reflects in the way it drives as well.

On city roads and at city speeds, the Volvo is supremely comfortable. It has a well-sorted ride and takes light bumps and ditches smoothly, with very little filtering through to the occupants inside the car. Even at higher speeds, the car's bump absorption is noteworthy—only the new plastic speedbreakers and more prominent edges, such as deep portholes and tall manhole covers, get the better of it.

A word of caution here for those who prefer enthusiastic driving: the XC60 might not excite you too much. Yes, it comes with an intelligent chassis and suspension system that allows the driver to select from three driving modes, but even in the sporty dynamic mode, the car rolls and pitches, and driver involvement is lacking. Plus, its heavy and mute steering does little for you around corners. But yes, it does feel planted in a straight line.

Then there's the engine. The XC60's closest competitor is the Audi Q5 and while the two are well-matched in a number of areas, the Volvo's 2.5-litre diesel just can't match the 3-litre powerhouse of the Audi. Not that the XC60 is slow (it takes only 9 seconds to go from 0-100kmph), it just isn't as smile-inducing.

However, as a car to own and drive and be driven around in, the XC60 has no equal in its segment. It is not only superior to the competition, it is also cheaper. It looks better, is more comfortable and though it isn't a lot of fun, this is definitely the SUV to buy if you have ₹60 lakh to spare. ■

SPECIFICATIONS

Engine:	2400cc, 5 cylinder, diesel
Max power:	205bhp@4000rpm
Max torque:	420Nm@1500rpm
Gearbox:	6-speed automatic
0-100kmph:	9.1s
Top speed:	210kmph
Price:	₹51 lakh, OTR, Delhi

IT DRIVES ITSELF!

The XC60 is a gleaming example of superior technology, especially when it comes to safety. Here are the main tech features that come with the car:

- **City Safety.** With this radar-based system, the XC detects obstacles in front and automatically applies brakes when it senses a collision might take place. It also warns the driver about the proximity to the vehicle in front by setting off LED lights that get projected on the front windscreen. The closer you are, the more number of LEDs light up.
- **BLIS.** The Blind Spot Information System uses a set of cameras placed on the outside rear view mirrors to see what the driver cannot and warn him about oncoming vehicles that might be too close. It's particularly helpful when changing lanes.

- **Adaptive Cruise Control.** Unlike regular cruise control which only controls the forward speed of the vehicle, XC's system uses its radar to detect a vehicle in front and brakes to maintain a safe distance. This distance can be set by the driver. Also, when the vehicle in front pulls away and enters another lane, the XC goes back to its preset cruising speed. Now, that's smart technology for you.

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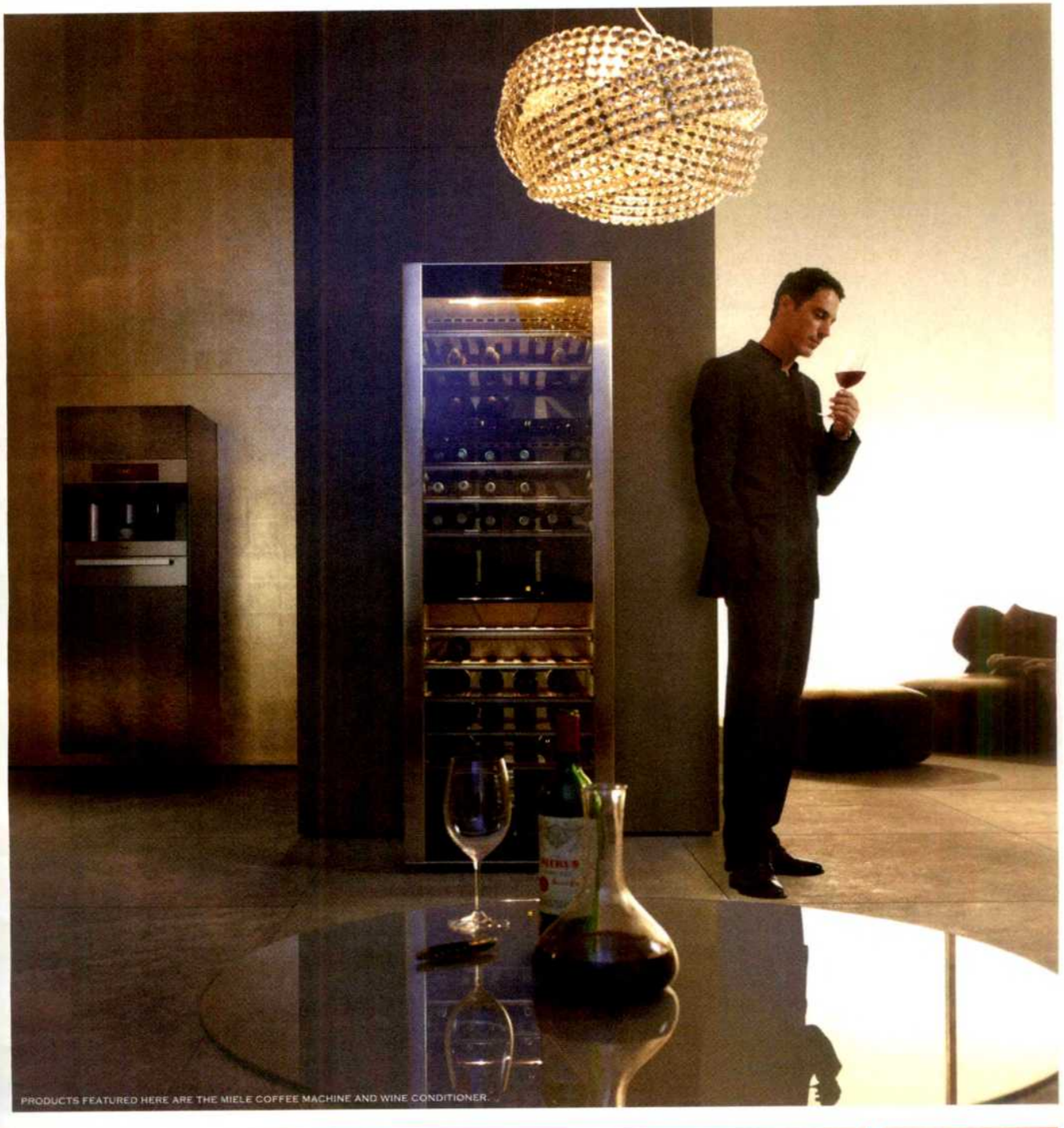

PRODUCTS FEATURED HERE ARE THE MIELE COFFEE MACHINE AND WINE CONDITIONER.

Miele

IMMER BESSER

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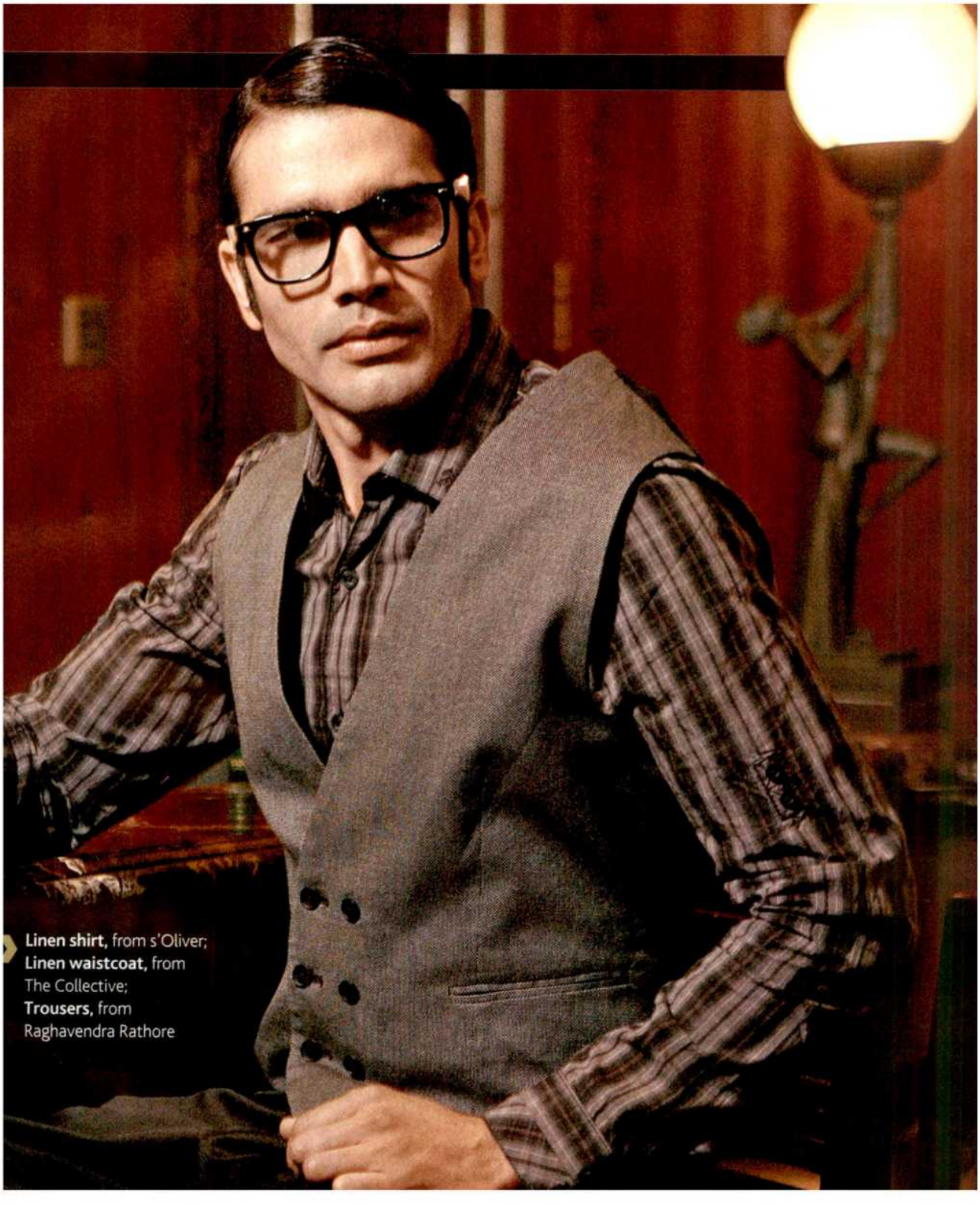
THE LINEN CABINET

PHOTOS: VIVAN MEHRA AND SHEKHAR GHOSH
WORDS: BIBEK BHATTACHARYA

Smarten up this summer by celebrating all things linen

Linen is probably the only fabric known to man which looks good even when crumpled. It's cool (literally), tough and remarkably fresh. If you're looking around to add to your wardrobe before the sun turns into a scorcher, look no further than this marvellous fabric. For your edification, we give you six styles that celebrate all things linen. From suits to trousers, this wonder fabric's your ally for all seasons, especially summer. Go raid the cabinet!



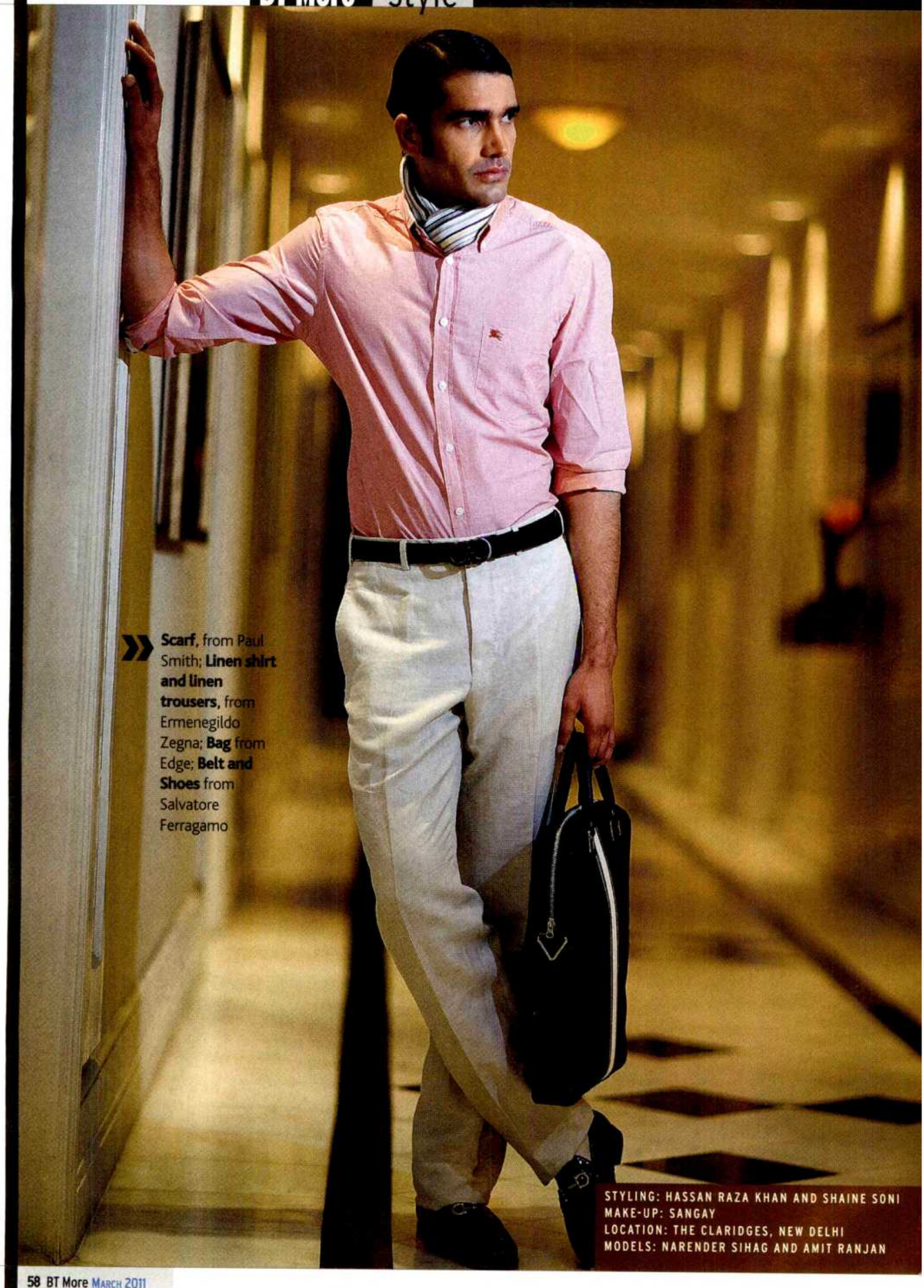
Linen shirt, from s'Oliver;
Linen waistcoat, from
The Collective;
Trousers, from
Raghavendra Rathore

Chinese-collared linen jacket and jodhpuris, from Raghavendra Rathore; **Linen pocket square,** from Ermenegildo Zegna; **Shoes,** from Salvatore Ferragamo

Linen double-pocket shirt, from Raghavendra Rathore; **Leopard print Tie,** from Paul Smith; **Linen trousers with suspenders,** from The Collective; **Shoes** from Tod's.

Hat, T-Shirt and Umbrella from Burberry; **Linen scarf** from Ermenegildo Zegna; **Linen trousers** from Ministry of Fashion; **Loafers** from Tod's

Linen jacket and gag from DKNY Jeans; **T-Shirt** from Ermenegildo Zegna; **Trousers** from Ministry of Fashion; **Loafers** from Tod's



Scarf, from Paul Smith; **Linen shirt and linen trousers**, from Ermenegildo Zegna; **Bag** from Edge; **Belt and Shoes** from Salvatore Ferragamo

STYLING: HASSAN RAZA KHAN AND SHAINE SONI
MAKE-UP: SANGAY
LOCATION: THE CLARIDGES, NEW DELHI
MODELS: NARENDER SIHAG AND AMIT RANJAN

"...a complete home theatre system that marries Bose- class sound with high definition TV"- Anand Parthasarathy,

"...the absolute best sound quality you've ever seen coming from a TV."- Tushar Kanwar,

"...childishly simple, the Click-Pad remote does away with the smorgasbord of buttons"- Deepak Dhingra,

"...VideoWave is a wonderfully packed home entertainment system that lets you sit back and enjoy"
- Mahananda Bohidar,

"...the Click Pad remote...looks like just what many thousands of videophiles (or audiophiles) were waiting for!"
- Nishant Padhiar,

NEW Bose VideoWave™
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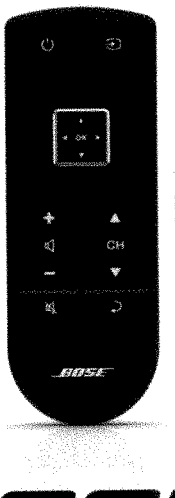
"..Bose has done something truly spectacular"
- Tushar Kanwar, The Telegraph



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DANDY MARCH

It's never too early to prep up for the year ahead. The winter chill may just be retreating and spring setting in, but you can begin planning your wardrobe for 2011's fall-winter by checking out the trends at the recent menswear shows in Milan and Paris.

BY SUPRIYA DRAVID

The menswear trends from the 2011 fall collections really hit homme. The shows had something for every man—the dandy, the daddy, the banker and the boy next door. Over-the-top glam met its match—think fur, in the form of trimmings and full jackets and velvet suits—with whisper-quiet luxe options in the form of V-shaped silhouettes and fluid '50s-inspired, double-breasted jackets. Bright colours dazzled while the simplicity of old staples didn't fail to charm. All in all, a delightful play on the classics that form the cornerstone of every fashion-conscious man's wardrobe. So take the cues and turn the next chilly season into a winter of fine contents.

Fall is fur real: From shearling to mink—either as trimming, collar components, full-weight jackets or head gear—fur was present in every form in the collections of Balmain (right), Alexander McQueen, Burberry Prorsum, Etro, Louis Vuitton and Kenzo.

FUR

MARCH

SOLID COLOURS

Colourbar trumped as solid hues announced their arrival. Red ruled at Dolce & Gabbana and Alexander McQueen while Burberry's (left) outerwear was eye-popping in yellow, red, orange and royal blue. Paul Smith sent out a showstopping mustard-coloured duffle coat while Jil Sander experimented with suits in pinks and green, and jackets in the brightest tangerine. Move over, navy.

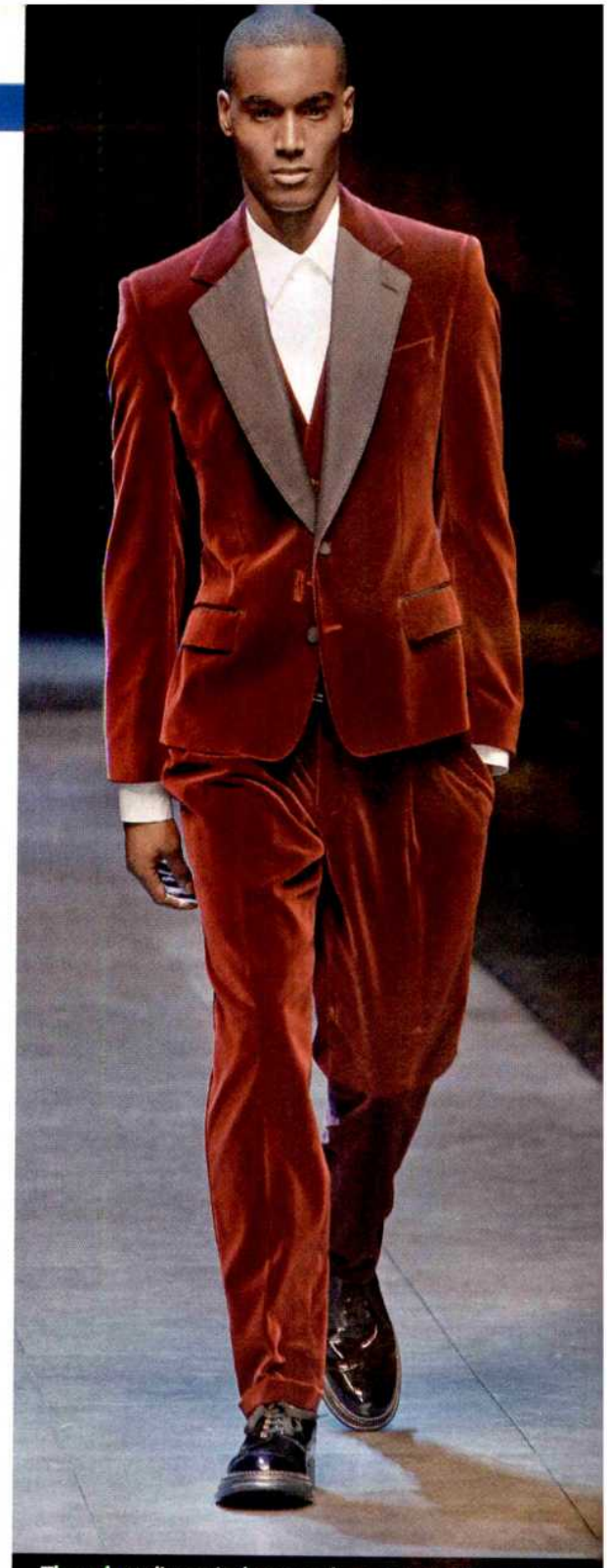
The 1950s are for keeps. Giorgio Armani (right) employed soft tailoring of double-breasted jackets and wide trousers in a predominantly grey palette while Emporio Armani's urban yet conservative collection had asymmetric collared jackets and super long coats. Prada's retro collection with flowing lines also stayed true to the period.

50s

50s

Retro redux. Roberto Cavalli's (below) men walked out of the '70s with ultra-fitted three-piece suits, silk shirts accessorised with foulards, necklaces and trousers flared at the bottom. The Gucci guy too gave off the early '70s rockstar vibe with wide lapels and trouser legs that flared arrogantly over the shoe. That's what we call groovy.

70s



The velvet dinner jacket was the most prominent piece of clothing from the fall collections of Lanvin, Bottega Veneta, Canali and Alexander McQueen. But it was Dolce & Gabbana (above) that stole the show with debonair velvet suits in delicious plum. Get your hand in the velvet glove in 2011.

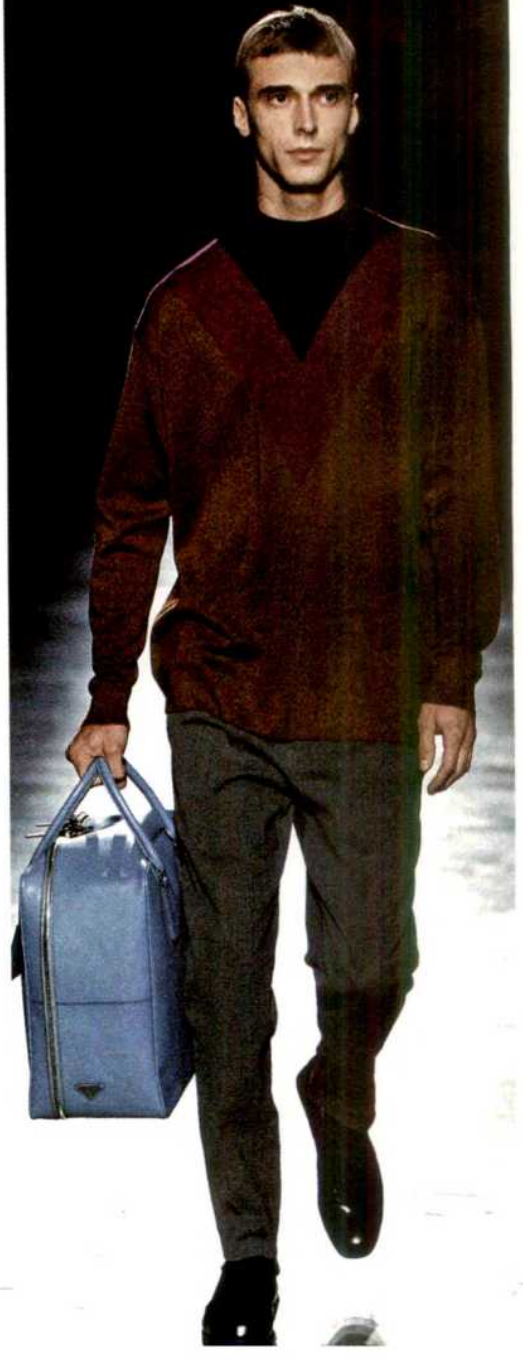
VELVET

HATS

Hats are tricky. Get it wrong and you look as out of place as a penguin in Bora Bora. Lanvin had sophisticated Fedoras while Dior Homme (left) practiced monastic restraint with wide-brimmed hats inspired by Amish men. Givenchy played along with furry hats with stand-up ears—in sync with the theme of Rottweiler printed dog-fights on the clothes sent out by chief designer Riccardo Tisci.

V SILHOUETTE

One of the quirkiest trends to emerge from the fall collections in Milan was the V-shaped silhouette. Prada (below) showcased striking geometric V patterns on sweaters while waist-cinching cuts were very evident in Versace. Very flattering. Worth exploring, fellas.



MINIMALISM

Back-to basics-minimalism and purity of vision was apparent in all the collections. Jil Sander had plain, felted square-cut suits—three buttons, high closing—paired with similarly shaded tops, while Prada teamed wide coats with narrow, slightly cropped pants and staid sweaters updated in sparkling lurex. Emporio Armani's (right) collection in shades of grey and taupe offered unstructured, slim coats that resembled cardigans. Easy and elegant. Can't ask for more.

Test Tube Babies

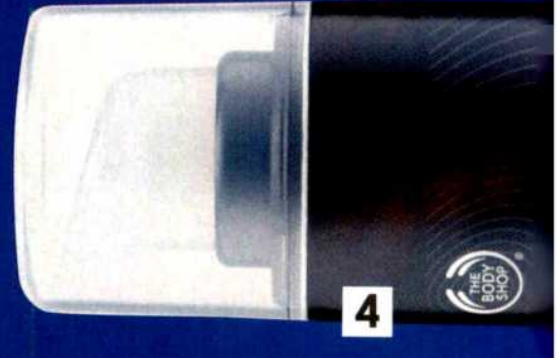
Calling all men who've clambered onto the beauty wagon. Here are some products to add to your dresser for the summer months. Smooth cheeks are made of things like these.

BY HITANI KAUR

After being bundled up under tweeds and yak-wool mufflers all winter, it's time to shed the layers and prepare to bask in the summer sun. While your personal trainer worries about the flab you've accumulated around the midriff, let us take care of your hair and skin. Remember the hot months can be especially damaging to the skin, and men who live in a humid climate need to work extra hard to keep the pores clear of oil and grime, and their hair frizz-free. So stock up on the lotions and potions, eat a well-balanced diet, pay heed to our expert advice and there's no heat that you can't beat. Here's the season's latest in grooming products for men.

1

6



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2

1 CLINIQUE LIQUID FACE WASH

Before you slather on sunscreen, it's essential to free your pores of all grit and dirt. This regular-strength liquid face wash from Clinique will give your face the cleansing it needs and a freshness that will last through the day. Price: ₹1,075

2 IRAYA AND FACES SPORTS BALM

For those who work out and play sports on a regular basis, this natural muscle toner enhances circulation, tones up sore, fatigued muscles and restores flexibility. Just the thing to help with your rejuvenation and joint problems. Price: ₹325

3 FOREST ESSENTIALS BITTER ORANGE & CINNAMON SHAMPOO

This nutrient-rich shampoo for normal to dry hair contains amla juice, soya protein, coconut oil, herbal in-

5

7

EXPERT SPEAK

Dr. SANGEETA AMLADI, head of Medical Services at the Kaya Skin Clinic, gives some tips to help you through the summer months.

- Cleanse your skin with a good quality face cleanser every day. Follow with a sunscreen for the day and a moisturiser at night.
- Using a daily moisturiser with sweat-proof sunscreen will prevent wrinkles and protect your skin from tanning and sun damage.
- Constant exposure to air conditioning dries up your skin, so make sure you apply moisturiser before you head to work or the mall.
- Drink at least eight glasses of water every day.
- Try to wash the face with plain cool water every few hours.
- To protect your skin from harmful UV rays, use sunscreen without fail.
- Be sure to use sunglasses to protect your eyes from the sun.
- Indian skin, especially the lips, are prone to darkening and pigmentation. So use a lip balm with sunscreen to prevent darkening.
- Lastly, always remember to include your hands and feet in your grooming routine. Neat and manicured nails reflect good hygiene and grooming habits. Also, try to fit in a pedicure, even if it's just at home, once a week.

fusions, sandalwood and vetiver essential oils. Guaranteed to give your hair a natural sheen and add swing and fragrance.
Price: ₹650

4 BODY SHOP MACA ROOT EYE RESCUE SERUM

Body Shop has chosen maca root as the key ingredient for its new skincare and grooming range for men. It reportedly helps maintain skin firmness and works in synergy with other naturally derived ingredients to help improve the vitality and condition of the skin.
Price: ₹1,295

5 L'OCCITANE VERDON ENERGY FACE MOISTURISER

This thirst-quenching moisturiser quickly hydrates the skin and provides an intense sensation of comfort. Developed with a patented complex of purifying peppermint essential oil, sea-buckthorn moisturising water, and nourishing and energising oil, it promises to give your complexion that much-needed boost.
Price: ₹2,100

6 TABAC ORIGINAL LUXURY SOAP

Distinctively masculine, this all-male German soap bar is a blend of peppery-spicy accents and exotic high-grade woods. Not only is it mild on the skin, it also ups the sex appeal by leaving you smelling good for hours afterwards.
Price: ₹375

7 MARY KAY COOLING AFTER SHAVE GEL

Seal off your pores after your shave, with this soothing blue gel that comes as a welcome relief after the razor blade has had its rough way with your face.
Price: ₹575

8 NEUTROGENA TRIPLE PROTECT FACE LOTION

While it does help with exfoliation, daily shaving also dries up your skin and sometimes results in ingrown hair. This Triple Protect Face Lotion with an SPF of 20 works to soothe razor irritation and heal dry skin. And yes, promises to have you looking younger than you did the day before, without a sweaty upper-lip to boot.
Price: ₹390 ■

KEEP PACE

Fast cars, horses and boats. Racing tidbits from around the world.

F1

Karthikeyan's Back

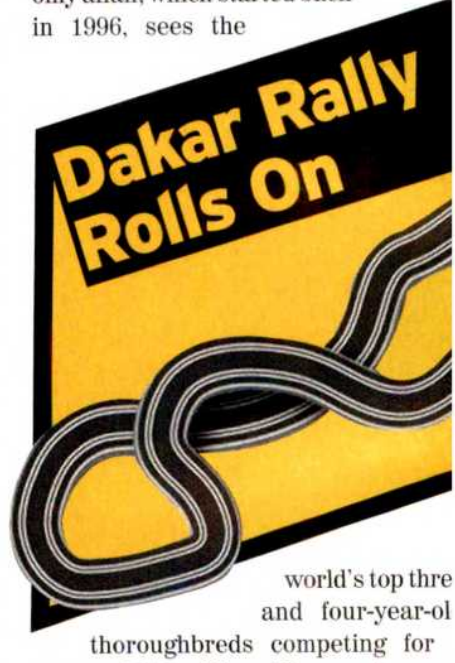
Narain Karthikeyan is getting a second chance to prove his F1 credentials. Team Hispania Racing has appointed him as one of its two drivers for the 2011 season. Karthikeyan last raced in an F1 car in 2005 when he drove for the Jordan team. Although that ended in disappointment, he was kept on as a reserve and test driver for the Williams team. But the Indian ace believes he still has what it takes to compete in motorsport's biggest arena, having driven for the Audi team in the recently-concluded Le Mans series. Karthikeyan is the second Indian hiring for Hispania after Karun Chandhok, who drove in the first 10 races of the 2010 season before being replaced by Japan's Sakon Yamamoto.

NARAIN KARTHIKEYAN GETS A SECOND CHANCE AT F1 SUCCESS. HISPANIA RACING HAS SIGNED HIM ON AS ONE OF ITS TWO RACE DRIVERS FOR THE 2011 SEASON.

EQUESTRIAN

No horsing around

The cricket World Cup is not the only big sports event coming up. For lovers of all things equestrian, there's the Duba World Cup—the world's richest horse race—to look forward to. This invitation only affair, which started back in 1996, sees the world's top thre and four-year-ol thoroughbreds competing for purse of $10 million. The race is a cre ation of Dubai ruler Sheikh Mohamme bin Rashid Al Maktoum, who is one the world's leading horse breeders an trainers. Some 312 horses from 18 cou tries have been nominated to the 1.2 mile race scheduled to be run on Marc 26. Leading the group is Gio Ponti, wh finished fourth in the race last year. Th event will also see another eight race being run, which together, comman prize money worth $16 million.

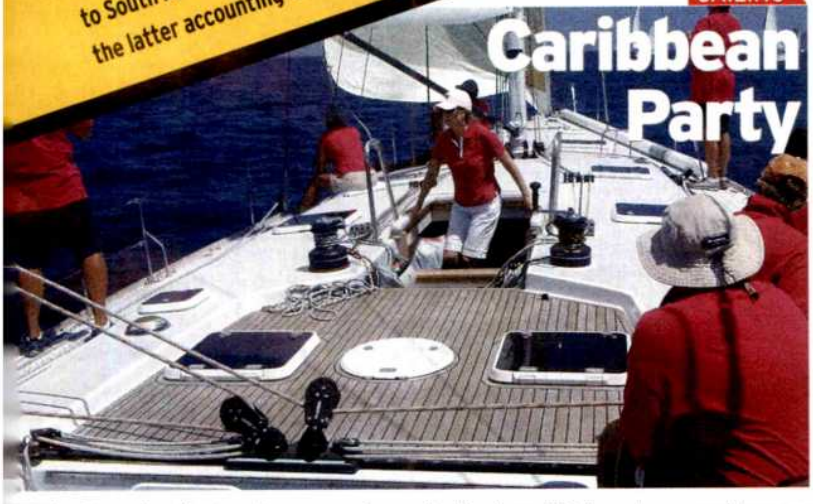


312 HORSES FROM 18 COUNTRIES HAVE BEEN NOMINATED FOR THE 1.24-MILE DUBAI WORLD CUP RACE IN MARCH. THEY WILL BE COMPETING FOR A PURSE OF $10 MILLION.

e famous offroad Dakar Rally was successfully staged or the third successive year in Argentina and Chile last month. The story began in 1977, when motorcyclist Thierry Sabine got lost in the Libyan desert during an Abidjan-Nice rally and decided to create a race route that started in Europe and finished in Africa. Sabine's dream took shape in 1978, when 182 vehicles turned up in Paris' Place du Trocadéro for a 10,000-km journey into the unknown, 'Destination Dakar'. The next few years saw the rally going from France to Senegal. Due to security reasons, it shifted to South America in 2009. The race is open to professionals and amateurs, with the latter accounting for 80 per cent of the participants.

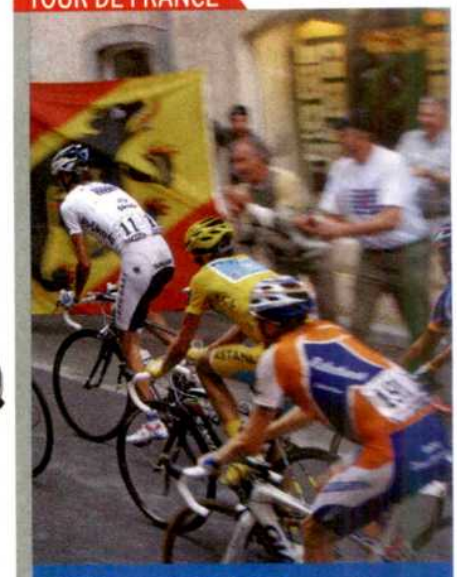
SAILING

Caribbean Party



The four-day fiesta of sun, sand, music, food and high-octane yacht races that is the St. Maarten Heineken Regatta, rolls again from March 3 to 6. 'he regatta is one of the biggest and most dynamic events in the Caribbean. ince its inception in 1980 with only 12 entrants, it has grown to more than 30 boats with 2,800 crew members of 30 nationalities. This year will see aces in six classes of yachts. With four nights of frenzied partying to wind o the days of sailing, it is easy to understand their slogan of 'Serious Fun'. he Grammy-winning Wyclef Jean is slated to headline this year's Regatta.

TOUR DE FRANCE



The 22 Best Teams

When the event in question is the iconic Tour de France (to be held from July 2 to 24), even the announcement of teams is big news. Of the 22 teams announced for this year's edition, 18 have been chosen in accordance with International Cycling Union rules. As always, the last four teams are French 'wild card' teams picked by the organisers. With 3,471 km of racing, spread over 21 stages, along the roads of 34 French departments and a visit to Italy, the Tour is a journey through the midst of the country's cycling heartlands. After the Grand Start, hosted by the Vendée, the pack will spend time in Brittany before heading to the Massif Central for a first battle between the climbers at Super Besse. The baptism with the high mountain roads will take place in the Pyrenees, with three tough gradient stages. All eyes will be on the winner at the Plateau den Beille stage: to date, every rider who has won there has been triumphant at the end of the Tour.

Track and wield

Check the desirability quotient

Romain Jerome Steampunk
Galvanised by Titanic DNA shock wave, Romain Jerome has decided to enrich its collection with an explosive timepiece named Steampunk. Expressed through polished steel paws, pistons and Roman numerals, each of the three distinct models is a perfect integration of the DNA collection. The Steampunk's 50 mm diameter dial is held in place by four screwed-down pistons symbolising RJ's signature 'X' motif. The Roman XII and VI numerals are left "raw" and coloured in accordance with the model.
Price on request

Miele Coffee Machine
The world's first ever automated built-in coffee machine manufacturer, Miele, has launched the CVA 3660 Nespresso Capsule System Coffee Machine. Containing 20 capsules of up to five different flavours, a sensor touch control system with self-explanatory user navigation makes usage simple and straightforward. Its attractive and sleek design will look good in any kitchen.
Price: ₹1,89,990

Samsung NX10
Innovatively designed, the Samsung NX10 is the perfect size and weight to carry around with you. The precise AF function enables you to capture moments instantly. Equipped with an APS-C size CMOS sensor, the camera reproduces rich, natural colours, while the image sensor minimises noise to improve the picture quality and provides HD quality images. The high ISO enables you to use it even in poor lighting.
Price: ₹42,990

Luca Lychee

Nirvana Biosys, an Indian company of international standards, has introduced the first ever lychee wine under its flagship brand Luca. Luca Lychee is smooth on the palette and has a classic aroma and taste. Apart from the sweet and tangy taste of lychee, this wine is high on its health benefits. It has a high content of Vitamin C, and is low on saturated fats, cholesterol and sodium. It pairs beautifully with Asian cuisine and white meats. Available in two sizes–750 ml and 375 ml–it can be an interesting addition to your bar. Price: ₹760 and ₹390

ontblanc Cufflinks

add a touch of class to your outfit be it for office or otherwise– this assic pair of cufflinks is just the ing. Created in true Montblanc yle, they're sophisticated, subtle d understated. Try them on.

ce on request

REMY iceBOXX

This is just the thing for all shot lovers. The first in the industry to revolutionise cognac drinking, the RÉMY iceBOXX creates a delicious new ritual by serving cognac in a shot glass at precisely -18°C. Amplifying the smoothness of Rémy Martin's champagne cognac, this offering is sure to garner the hic hic hurrays.

Price on request

150 ml edt by Nike

Despite a host of competing brands cluttering up the stores, Nike tends to stand out amidst the multitude. Specially adapted to suit one's individual personality, the brand brings to India a new range of fragrances. Each of the four offerings–Blue Wave, Green Storm, Cool Wind and On Fire–defines a distinct element of masculinity. Inspired by nature, the fragrances are alluring and sensuous all at once.

Price: ₹950

Exception by Waterman

Luxor Writing Instruments has brought more offerings into the world of writing instruments. This new range of pens from Waterman marries innovation with an excellent design to present an interesting amalgam of luxury and style. Blending prestigious materials and colours with a distinctive, vibrant personal style, Exception joins the ranks of elegant and inventive pens. Available in four distinct models (Marks of Time, Precious Metals, Night & Day and Slim), this accessory is fascinating down to its smallest details.

Price: ₹18,000 – ₹50,000

Sony Walkman E series

Sony's new ultra chic and supe stylish range of E-Series Walkman is available in a rang of spunky colours. This innova tive product is designed for th young at heart, and combines fun, form and function. It delivers a rich audio performance with clarity and precision and has an easy user interface. Offering up to 50 hours of audio and 10 hours of video playback, a newly integrated Digital Sound Enhancement Engine, time on a single charge, a 2.0-inch QVGA LCD screen and a complementing karaoke mode, thi gadget is both hand and sophisticated.

Price: ₹6,990

U.S. Polo Association

Bringing in the spirit of Polo and a style that is casual and comfortable yet put together, G Plus introduces U.S. Polo Associations latest travel collection. this new range of footwear is a true representation of toughness and masculinity merged with style. Representing a classic rugged American style, it blends comfort and casual flair to produce beautifully crafted shoes.

Price: ₹3,199

Plustek Opticslim 2600

Plustek, a leading brand in image solutions, announces the launch of Plustek OpticSlim 2600 flat-bed scanner. Suitable for both homes as well as small business users, it offers compact design and high perform ance. The gadget is capable of scanning A4-sized documents at an optical resolution of 1200 dpi and is powercord free. It comes with five, one-touch action buttons including Copy, OCR, E-Mail, Custom and PDF and is extremely user-friendly and easy to operate. A must-have for business travellers.

Price: ₹3,450

Porsche Design's Cervo Collection

This spring, look suave and sleek with Porsche's new Cervo Collection of products. Cervo is the Italian word for deer and stands for extreme softness and elasticity. In keeping with the same, this shoulder bag is durable, stable and crafted from calf leather with unique textures and natural grains. The metal bits are made of brass in individual design without visible screws. Price: ₹39,000

Sunglasses by Dsquared

Touting instant recognition as a must-have for men this season, these sunglasses from Dsquared merge the brand's sensibility with the aviator design to create a product for the bold and irreverent. Available in black, Havana, Bordeaux and blue, the evocative 'D' at the centre of the frame removes any doubt as to the origin of the glasses. They're bold in making a statement, yet follow a classic design. Pair them with a smart suit to stand out in the sun. Price: ₹17,650

Harry Winston Opus X

Harry Winston introduces Opus X. This new timepiece captures the shape and dimensionality of time through the synchronous rotation of circular motions. Replacing a traditional fixed dial and watch hands, the indicators for hours, minutes and seconds are set on individual satellite wheels that orbit around the central, solar wheel. A transparent backing shows geometric precision, adding light and transparency to the design.
Price on request

"There are different kinds of love, but they all have the same aim. Possession."

MY STUFF

ANKUR BHATIA

Executive Director, The Bird Group

FOOD AND DRINK

Beverage: Perrier
Spirit: Don't drink
Cocktail: Don't drink
Restaurant: Kai, London

HOME ESSENTIALS

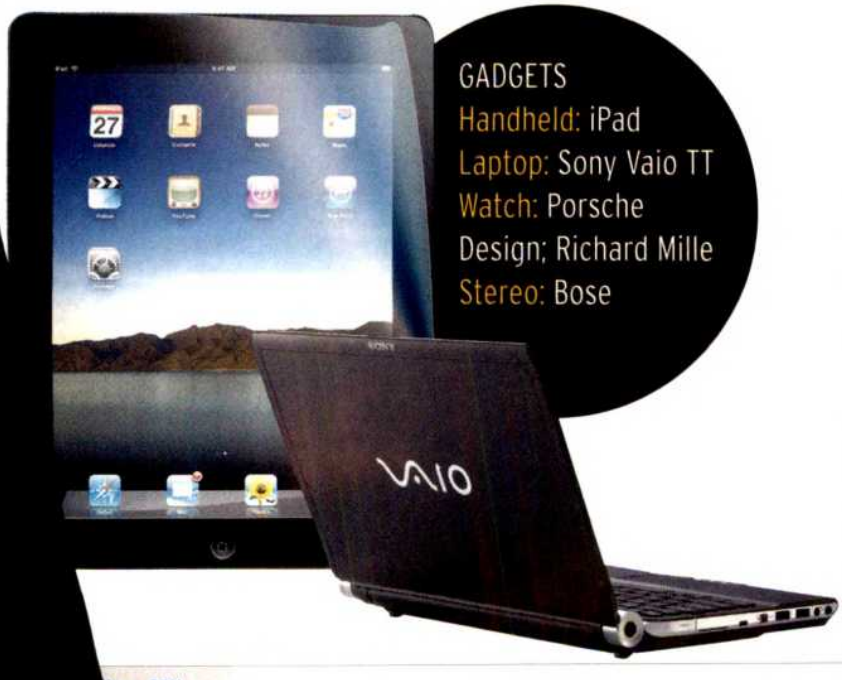
Where I live: New Delhi
Car: BMW
TV: Sony
Dinner set: Wedgwood
Pets: Two dogs; a Beagle and a Labrador

GROOMING

Moisturiser: Biotherm
Perfume: Tom Ford
Shoes: Prada
Suits: Armani and Kenzo
T-Shirts: Ralph Lauren; Porsche Design; Iceberg and Prada
Wardrobe Must-haves: Jeans and Polos
Sneakers: Skechers

GADGETS

Handheld: iPad
Laptop: Sony Vaio TT
Watch: Porsche Design; Richard Mille
Stereo: Bose



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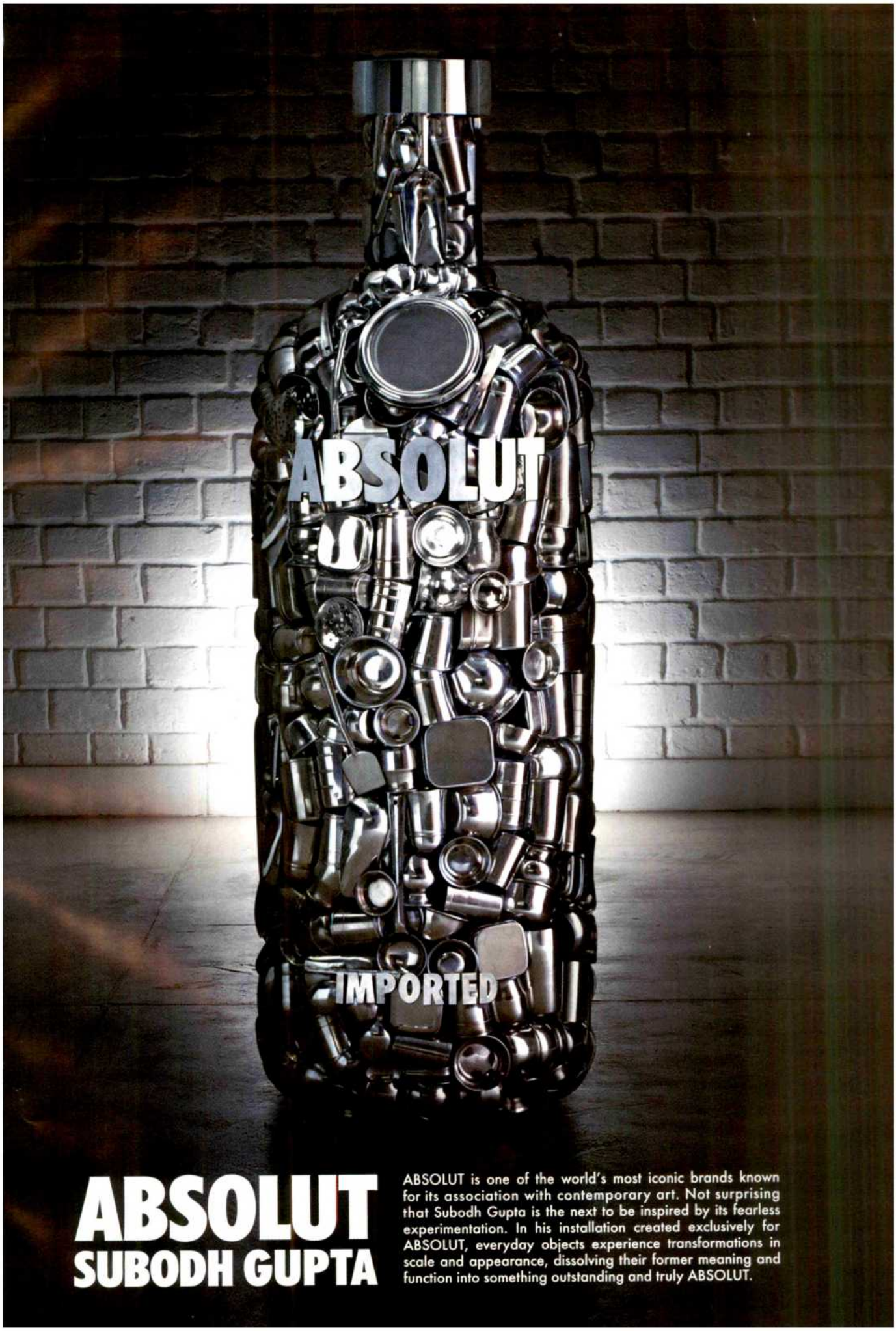

ABSOLUT
SUBODH GUPTA

ABSOLUT is one of the world's most iconic brands known for its association with contemporary art. Not surprising that Subodh Gupta is the next to be inspired by its fearless experimentation. In his installation created exclusively for ABSOLUT, everyday objects experience transformations in scale and appearance, dissolving their former meaning and function into something outstanding and truly ABSOLUT.

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Patrick O'Brian,
"Blue at the Mizzen", 1999

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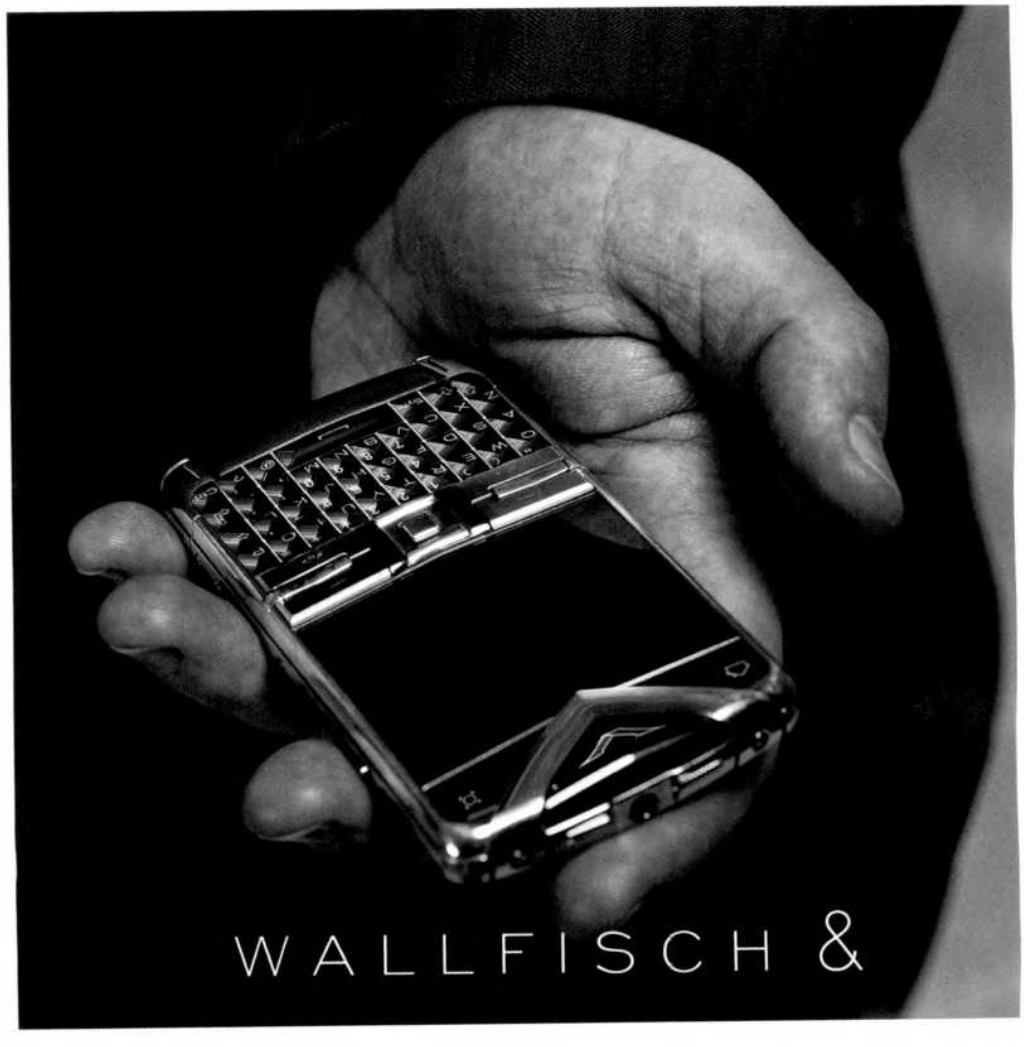

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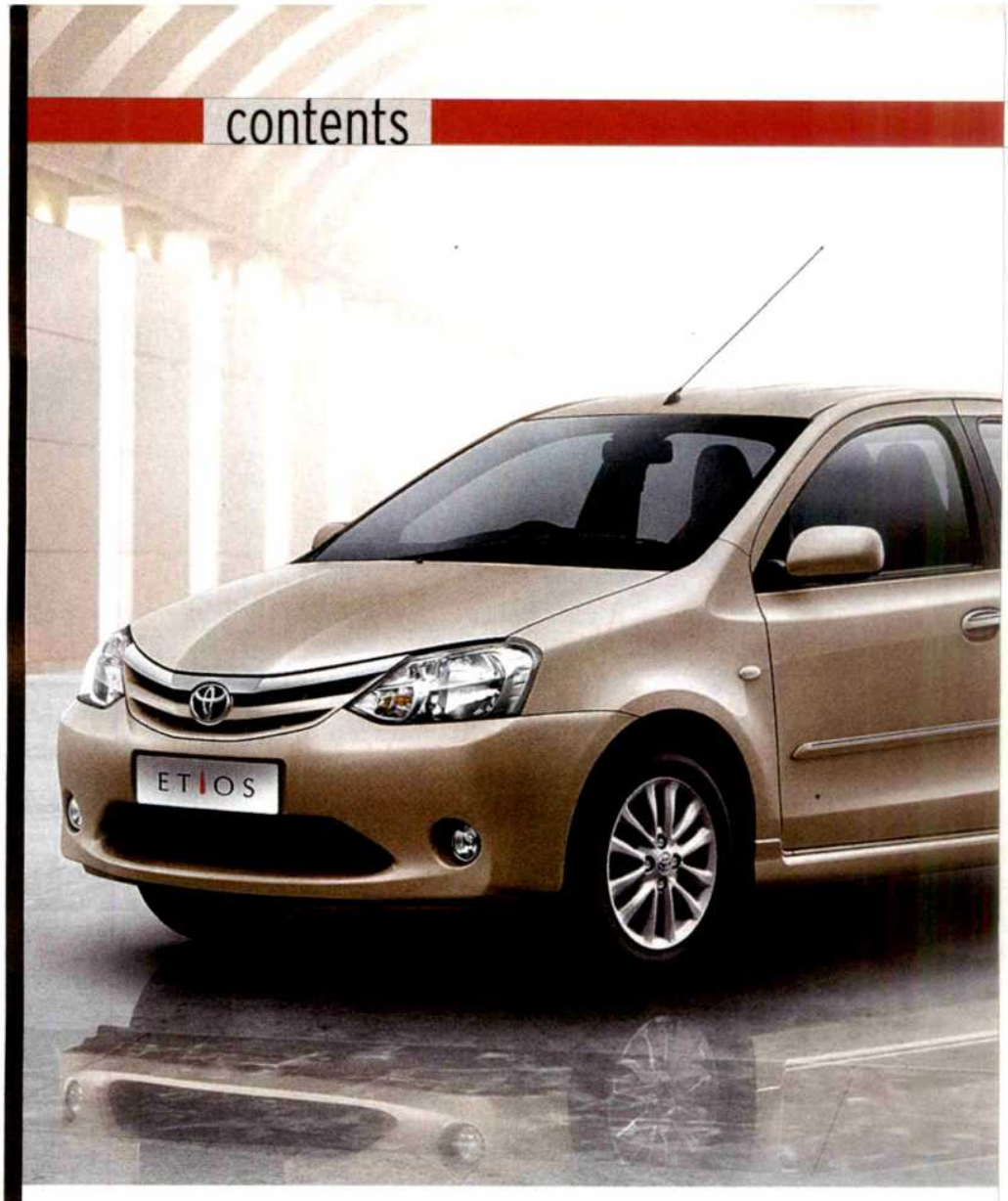
Volume 5 Number 4; April, 2011
yright Living Media India Ltd. All rights reserved
roughout the world. Reproduction in any manner
is prohibited.
nted and published by Ashish Bagga on behalf of
Living Media India Ltd. Printed at Thomson Press
India Ltd., 18-35 Milestone, Delhi Mathura Road,
idabad-121007 (Haryana); A-9, Industrial Complex,
Maraimalai Nagar, District Kancheepuram-603209
(Tamil Nadu); and at Plot No. 5-5A, TTC Industrial
Area, Thane, Belapur Road, Airoli, Navi Mumbai-
00708 (Maharashtra). Published at K-9, Connaught
Circus, New Delhi-110001.
India Today does not take responsibility for
returning unsolicited publication material.

contents



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The new Suzuki GSX R-1000 is a sexy superbike that's affordable and deeply satisfying.

30 Smart Spain
You can enjoy Spain under many guises- aesthete, family man or beach bum; we give you plenty of options for all.

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Creativeland Asia

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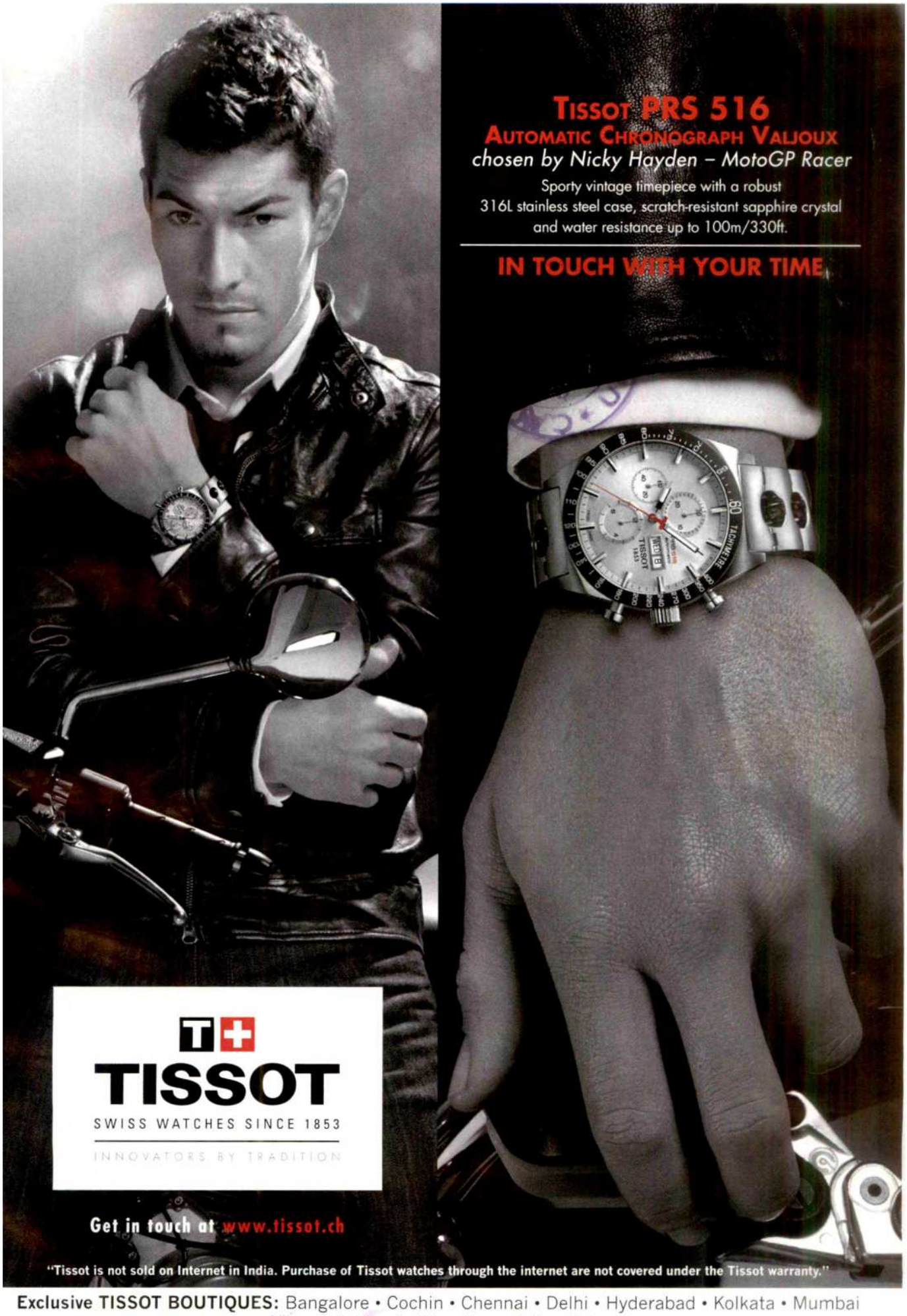
Cover Photograph: CORBIS



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MANUAL

Do-it-yourself guid

Pairing Puffs and Pints

All you need to know about syncing spirits and stogies

The Freuds and Churchills of the world today are satiating their palate in diverse ways. Cigar expert **Manish Dutt** delves into some cigar and liquor pairing options that will leave you asking for more.

Always pair the strong with the strong. A full-bodied cigar will complement a strong whisky and a medium bodied one will pair well with a light Armagnac:

1. Cognac: A cigar and a cognac should add spice to each other's flavours. **Tip:** Match the age of the cognac with the strength of the cigar. The VS (Very Special) is the lowest age category and does not pair well with cigars. The middle aged VSOP (Very Special Old Pale) is 5 YO and goes well with medium bodied cigars. Similarly, the XO (Extra Old) is 7 YO and complements a full bodied smoke. **Combination:** The fruity Hennessey Paradis XO can be paired with the creamy Cohiba Robusto (Length: 4.7"; Ring Gauge: 50).

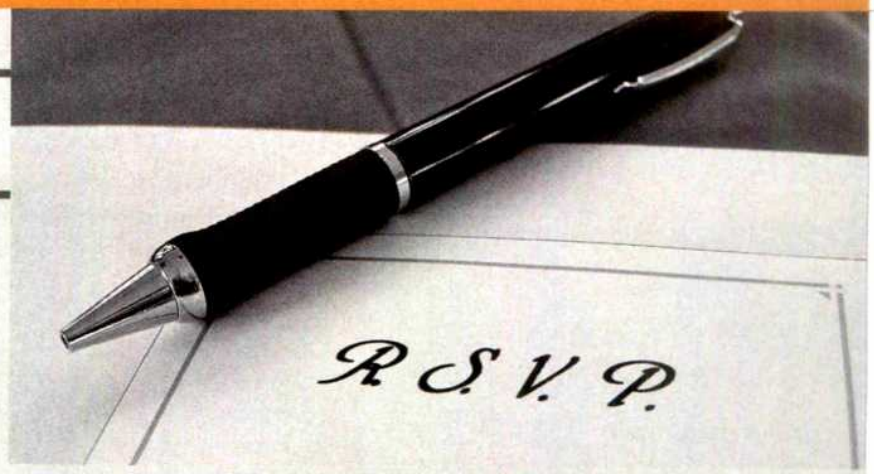
2. Armagnac: It's fuller bodied, more bitter and drier than the cognac. **Tip:** Choose the Bas Armagnac, which is blended with brandies from the Ténarèze region in France. **Combination:** The Bas Armagnac Larressingle XO can be paired with the full bodied San Cristobal de La Habana – el Morro which has a distinct chocolate flavour (Length: 7"; Ring Gauge: 49) and with the medium bodied Vegas Robaina - Unicos (Length: 6"; Ring Gauge: 52).

3. Scotch: The flavour and aroma of scotch doesn't linger on the palate and lets the flavour of the smoke remain distinct. **Tip:** Choose a single malt since since it has higher alcohol content, in case you prefer blended, opt for an older one. **Combination:** The Glenfiddich Special Reserva 12 YO complements the full bodied Montecristo "A" (Length:5"; Ring Gauge:47). The Johnnie Walker 18 YO Blue Label goes well with the robust Romeo y Julieta Churchills (Length: 7"; Ring Gauge: 47).

4. Rum: Since rum is a sweet liquor, it goes well with chocolaty and fruity cigars which are medium bodied. **Combination:** Bacardi Vanilla's caramel flavour complements the chocolaty notes of the medium bodied Montecristo Edmundo (Length: 5.3"; Ring Gauge: 52).

5. Coffee: The safest bet for the non-drinkers. Coffees with strong complex flavours are preferred and should be paired with medium to full bodied cigars. **Combination:** An espresso (with 100% Arabica beans) will balance the cocoa in the full bodied Arturo Fuente Don Carlos Robusto (Length: 4.7"; Ring Gauge: 50).

CRACKING THE R.S.V.P CODE

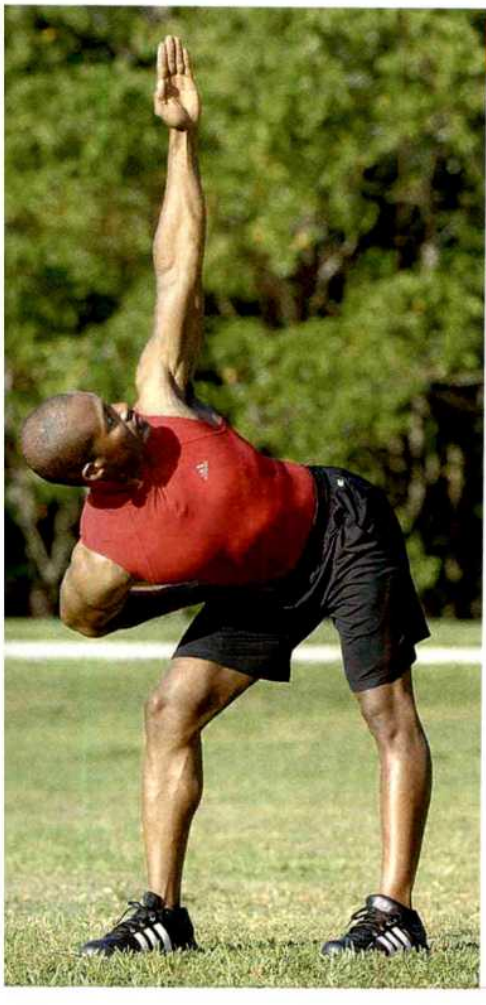


Today, etiquette is synonymous with humility and is crucial for building a credible reputation and winning respect. **Shital Kakkar Mehra** of **Soft Skills International** decodes a universal element in formal protocol—the R.S.V.P.—that stands for the classic French phrase '*Répondez s'il vous plait*' meaning 'please reply'. This gesture functions on two levels:

For the host: It acts as a guide. They can make arrangements for their events, keeping in mind the acceptances they receive. **For the guest:** It is a form of basic courtesy. It is vital to respond to an invitation, even if it's to say, "Thanks for the invitation, but regret I'll be unable to attend".

Responding to R.S.V.P:

On receiving a formal, written invitation addressed to you, send a written reply (an email will suffice) within the next 48 hours. If the invite has a response card, write your reply on it. In case it carries the host's phone number, call with your reply. If you're unsure about your attendance, respond 'Maybe' with a brief explanation of what's the hold up, and change your reply to 'Yes' or 'No' as soon as possible. If you've confirmed your participation, but are unable to attend due to a last minute unforeseen engagement, call the host personally instead of being an irresponsible no-show.



SPRUCING UP A GOLFER'S SWINGS

Delhi-based sports physiotherapist, **Dr Ankita Verma** brings forth exercises for arms, shoulders and hips that help in augmenting a golfer's swings:

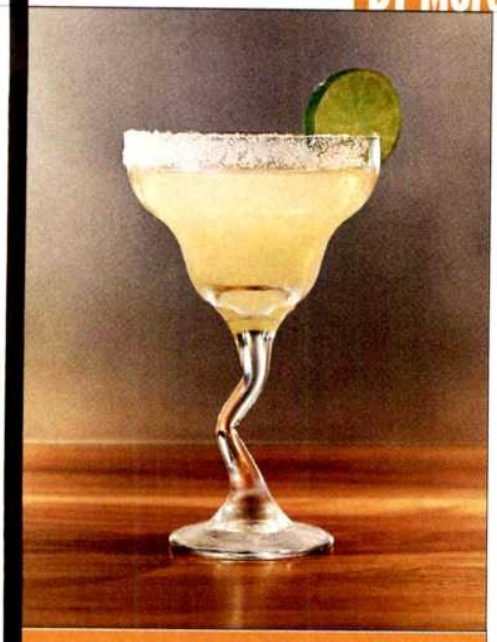
1. Stretching: A full 'head-to-toe' approach to stretching will exercise all major muscle groups in sequence. Stretch each part of the body, one at a time and hold each stretch for 15 to 20 seconds. Repeat the stretches three or four times for each side. **Benefit:** Increase in range of motion and reduction in niggling injuries.

2. Overhead Extension: Grab club just outside shoulder width and hold the club over head with arms extended. With your feet placed a shoulder width apart, bring club down to legs and rise again. Repeat for 15 seconds. **Benefit:** Prepares shoulders for better top of the backswing position and increases functional range of motion in finish position.

3. Golf Rotation: Place the club over shoulders behind the head and assuming the golf posture, rotate the upper body back and through. Keep lower body quite still and feel the stretch in mid (core section). Repeat each side 10 times. **Benefit:** This prepares golf specific muscles to make aggressive moves and leads to proper sequencing of swings.

4. Side Lunge: Hold the club behind neck and look straight ahead. Step directly out on one side feeling a little pull up the inside of the leg. Go directly on the other direction and repeat, while staying upright. **Benefit:** This allows a fuller back swing without tension in hips or inner thighs.

5. Modified Good Mornings: With slightly flexed knees grab your club, bend at hips and let the left arms hang relaxed in front of legs. Return to starting position and repeat 15 times. **Benefit:** Better circulation in the lumbar (lower back) area to withstand the high torque from initial swings.



BLEND A WHISKY SOUR

Stephen Marshall, Global Brand Ambassador of Dewar's Whisky unveils the perfect whisky sour:

MAIN INGREDIENTS:

1). 12 YO blended Scotch whisky
2). Freshly squeezed lemon juice
3). Sugar syrup
4). One egg white

METHOD:

- Take a peg of 12 YO blended Scotch whisky – Since the flavours are well-balanced, it makes a good base spirit.
- Add an equal quantity of freshly squeezed lemon juice—lemon is the agent that adds the sour flavour.
- To this, add just less than a peg of sugar syrup—this will prevent the drink from becoming too sour
- Add one fresh egg white. This will make the texture thicker and creamier and also make it lighter to drink.
- Put the mixture in a shaker filled with ice and shake well until chilled. The ice will balance out the flavours, especially in warmer temperatures.
- Garnish it with fresh mint leaves.
- The drink is paired best with smoked sea food. Serve up and savour!

TIP: Avoid using bourbon and smoky whiskies because their strong flavours are difficult to blend with others.

CLAYING AROUND

Artist **Rahul Kumar** offers a step-by-step guide to creating ceramic art:

1. Check list:

a. Clay: Low-temperature firing clays (earthenware or terracotta), stoneware body (mid-range), or porcelain (fires to high temperatures of ~1300 degree. Higher temperatures make the ware finer post firing.
b. Wheel: Manual, electric or automatic wheels.
c. Colours: Chemicals, usually natural oxides which sustain at high temperatures and can be applied for painting on the clay.
d. Kiln: It can be fired using gas (LPG), wood, or electricity.

2. Working the wheel:

a. Wedging: Make the clay consistent by de-airing it. Then start centering the clay lump on the wheel and use water to keep the clay moist.
b. Throwing: Immediately after wedging, open and lift the walls of the pot. You need to squeeze the clay, make it thin and then gently lift it to form the walls. Once the desired height is achieved, push the walls out or squeeze them to give it form and make the neck.
c. Trimming: Remove unwanted clay once the pot is dried and provide a finished foot ring by cutting off layers using tools on a revolving wheel.
d. Glaze firing: Glaze comprises of chemicals like Silica which is added for desired shades. Firing can range from 1000 to 1300 degree celcius, based on the clay type and the melting temperature of the glaze. The chemicals are mixed in water in a pre-determined ratio and the pot can be dipped in, brushed or sprayed with this glaze.

www.rahulclaystudio.com

DRINK LIGHT TONIGHT

Turn the lingering after effects of your drink into a creative revelation with a lamp made of empty liquor bottles. After ensuring that the bottle is clean and dry, drill a hole in the lid and slip a threaded rod through the hole. Use the base of the light bulb to catch the thread. Once done, screw the lid onto the bottle and allow the thread to pass through the bottle. Create an outlet for the thread, by drilling a hole towards the end of the bottle. For an elegant look, choose a green wine bottle or a brown champagne one and after removing their label, fix a light coloured lamp shade on. For an understated yet chic look, take a transparent whisky or vodka bottle, keep the label on as it helps in hiding the wires. Now, match the label colour with that of the lampshade. Either way, you'll have a bizzare addition for your bar!

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Transit at T3

The new Eaton Transit Hotel at Delhi's T3 terminal has upped the standard for flyers in the country.

After the recent facelift given to Delhi's international and domestic airport terminals, the newest addition to the revamp is the introduction of a long overdue and much-needed transit hotel. Eaton Hotels International, a part of the Langham Hospitality Group, has opened the first such airport transit hotel at Delhi's T3 terminal. The hotel is divided into two wings. There are 57 rooms at the international terminal while the domestic terminal has 36. The hotel follows a sleek, modern design and houses sufficient facilities to ensure you break your journey in style. Features include a spa, gymnasium, E-points with free internet access, and a T lounge where travellers can choose from a wide menu of food and drinks, at any time of the day or night. Service at the hotel is available around the clock, and is open to transiting passengers who have cleared customs and to domestic travellers needing to quickly freshen up before a flight. The innovative Aqua Pods offer a unique wash and change service. All you need to do is to pop in, spruce up and pop out in a matter of minutes. So whether you're taking off, landing, or even just breaking journey in New Delhi, be sure to check in for some excellent and comforting , though rushed, service.

Piggy Bank

That coin collection you've been hoardi in storage all these yea could well be the smartest investment yo ever made! The Smithsonian's 1849-da ed gold Double Eagle coin of $20 is today the most valued coin in the US. After an examinati by experts from the Professional Coin Grading Service (PCGS it has been determined that the coin, which wa made during the days o the California Gold Rus has gone up in value fr $15 million last year to whopping $20 million today. Currently house at the Smithsonian's National Museum of American History, it wi be shown in Chicago at the World's Fair of Mor in August this year.

ETCHED OUT

The world's smallest hand engraving, etched out on the edge of a Wilkinson Sword razor blade is only visible when placed under a microscope. Measuring one tenth of a millimetre, it reads 'Nothing is impossible' and is today worth £47,500 (₹ 34.8 lakh). It took the engraver Graham Short 150 attempts and seven long months before he completed the detailed work of art.

The BT More Playlist

NEW RELEASES

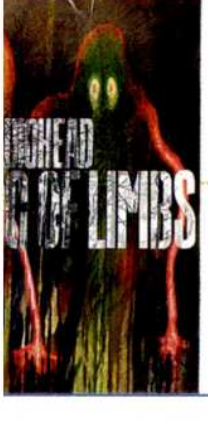
PJ Harvey, Let England Shake The great Polly Jean delivers a beautiful and poetic anti-war album that maybe her best yet. One of the year's best.

Banjo Or Freakout Italian producer Alessio Natalizia fuses melodic pop with menacing soundscapes to produce this very compelling album.

Radiohea The King Limbs Th 'Heads ar back, con founding pectation again wit album tha big on atr phere anc on guitar thems. Its just an all its an eve

McQueen at the Met

After Alexander McQueen's tragic demise about a year ago, his life and work will receive the ultimate homage in an exhibition titled Alexander McQueen: Savage Beauty. It will find a home at the Costume Institute of the Metropolitan Museum of Art in New York City. The exhibit will showcase 100 pieces of his work spanning the length of his design career. Beginning with his graduation portfolio at Central St Martins in London, and culminating with the posthumous Angels and Demons collection shown last year, the exhibition will run from May 4 up till July 31. Highlights will include a mini projection of the Kate Moss dancing Hologram which he'd come out with just after the model's infamous brush with cocaine in 2006, while the designs will capture McQueen's unique ability to subvert traditional forms and cuts. In this setting, the designs look even more gorgeous, some even menacing and unsettling. A recent review of the collection had people humming with anticipation. This show should go a long way in rehabilitating fashion design as a legitimate art-form.



James Blake The young Dubstep DJ is sending everyone into a tizzy with his masterful soul-inspired dream-pop for the twilight hours.

Gil-Scott Heron and Jamie Smith, We're New Here Hotshot young English rocker from The xx remixes the Godfather of Rap's comeback album.

6 things to do this month

TULIP FESTIVAL: This flower festival set against the backdrop of the Kashmir Valley, is nothing short of breathtaking. Held in Srinagar, which has Asia's largest tulip gardens, it is a photographer's delight. In addition, you get to witness and sample tons of cultural programs, local handicrafts, folk songs and traditional Kashmiri cuisine. It will be held from April 5 to 15,
Website: www.jktourism.org

IPL T20 SEASON 4: If there's one thing that gets us ticking, it's cricket. Started by the Board of Control for Cricket in India (BCCI) in 2008, the IPL is today one of the most anticipated sporting events in the country. Contested by ten teams with players from all over the world, a total of 74 thrilling matches will be played between April 8 and May 28.
Website: www.iplpremierleague.com

WILLS LIFESTYLE INDIA FASHION WEEK - AUTUMN WINTER 2011: Started with the primary objective to encourage designers to grow their brands globally, WIFW is Asia's largest fashion-business event. It provides a space for fashion designers to showcase their collection, and set the trends for the upcoming season. In New Delhi from April 6 to 10.
Website: www.fdci.org

INDIA KNIT FAIR: The India Knit Fair, India's biggest exposition on knitted garments will be held in Tirrupur, Tamil Nadu from April 20 to 22 this year. Be there to witness firsthand, the beautiful knits and weaves that symbolise traditional craftsmenship.
Website: www.indiaknitfair.com

GREAT INDIAN TRAVEL BAZAAR: India's leading exhibition for the travel and tourism industry, this travel fair is a showcase of products and services for travel consumers across the country. So if you're part of the travel industry, or just a travel buff on the lookout for your next fix, be in Jaipur from April 17 to 19.
Website: www.ficci-gitb.com

MEWAR FESTIVAL: Watch locals of Udaipur transfer images of Goddess Gauri in boats across Lake Pichola amidst much singing and celebrating. Join in the festivities amidst plenty of singing, dancing and culture, culminating in dazzling fireworks. To be held from April 6 to 8.
Website: www.festivalsofindia.in

Hublot for F1

To mark the upcoming Formula 1 Grand Prix in New Delhi, the event's official watchmaker, Hublot, has designed a special King Power India watch. A limited 200 pieces with individual numbers have been made especially for the event. The timepiece sports the famous F1 logo and the tricolours of the Indian flag on the dial and bracelet, and boasts of several other little details made from high-tech materials. A first ever initiative by a luxury Swiss watch company to manufacture a watch specially for an international sport in India, this is one piece of work you'd want on your wrist.

Floating Monaco

When it comes to superyachts, you might think you've seen it all. Well, with this next one in line, the standard has been taken to a whole other level. Called the Streets of Monaco, This 155-metre yacht has an unmatched design and follows a concept in keeping with its name. Built to resemble a small part of the city of Monaco in the South of France, it is nothing short of a floating island, but one with firm stability. The features and elements of this floating city are no different from land-based ones. Facilities include a swimming pool with a jacuzzi, a Casino Square with a massive glass-bottom fountain, a courtyard for multi-purpose activities which doubles as a landing pad, BBQ facilities, a spa, a salon a gym, a café/bar, seven guest suites, a movie theatre, a wine cellar, and even a ballroom. Aboard this ship, there's no being grounded.

Couch Potato

Always thought that the Mini Cooper was one of the cutest cars ever? Well, here's your chance to sit on it. The toy-making division of the carmaker has just launched the multi-tasking, much accessorised Mini Cooper chair. Made from deconstructed Coopers, the chair has been specially designed to include a gamut of functions and controls. No wonder it's being touted as the 'greatest gaming chair ever made.' What's more, for £8,000 (₹5.89 lakh) you could even consider this a bit of a steal. A multi-function console chair emerges as the hood of the Cooper unfolds, accompanied by a gaming wheel, a remote controlled smoke machine as well as a mini fridge. Then there's the iPod dock, headphones, an amplifier, a laser, an Xbox as well as a PS3. Satisfied?

Sounds Like You Know About JAPANESE BEER

When you think beer you think Germany or Netherlands. Well, its time to think again.

1. Back in the 19th Century, when Japan was still a closed-off country, beer arrived with the Dutch merchants who set up breweries for Dutch sailors. These locally brewed beer then went on to become really popular with the Japanese.

2. So popular is beer in Japan that a good 67 per cent of the alcohol consumed in Japan is accounted for by Japanese and other beer.

3. There are, broadly speaking, two kinds of beer brewed: one being the standard lager beer and the low malt beer *Happoushu*. The latter is very popular, especially when paired with the soybean preparation *edamame*.

4. The big Japanese beers have a following all over the world, especially brands like *Asahi*, *Kirin*, *Sapporo*, *Suntory* and *Orion*. However, thanks to the country's liberal alcohol laws, equally popular in Japan are microbreweries called *Ji Biru* or craft-beers. You could even buy them in supermarkets and stores.

5. Beer plays a big part even in Japanese Manga with one Manga called *Moyashimon* illustrating the production methods of a wide variety of beers in Volume 8.

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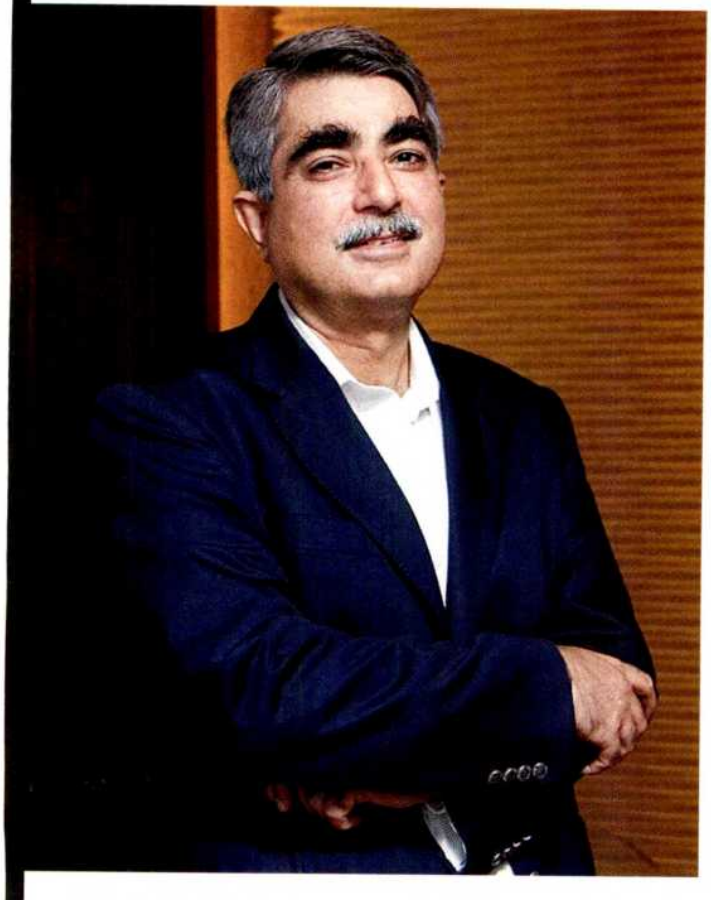
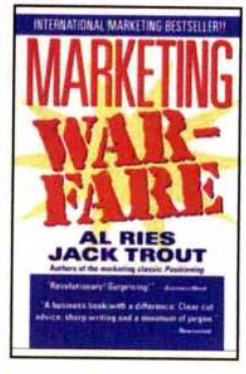
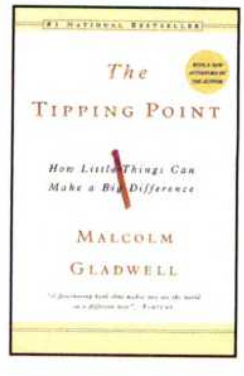
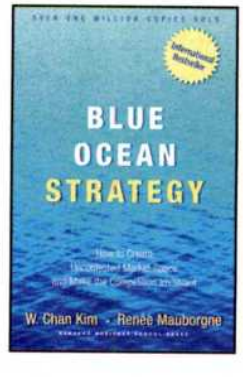
BOOKS THAT SHAPED MY LIFE

DEEPAK CHANDNANI, PRESIDENT, OBOPAY talks about the books that have made him what he is today









Marketing Warfare

by Al Reis and Jack Trout

One of the oldest marketing books, it is definitely the first book any serious marketing professional should read. Way ahead of its time, this is a book I still refer to and I am sure it will keep me company for the next few decades.

The Tipping Point

by Malcolm Gladwell

This book teaches you that change is the only thing constant in life. Malcolm talks about how change can be counterproductive, and is an opportunity which many fail to recognise. One of the best examples I can give is that of mobile payments – which might not make a big difference to the life of a banked individual, but affect an unbanked person by bringing him under the financial inclusion umbrella.

Blue Ocean strategy

by W. Chan Kim and Renee Mauborgne

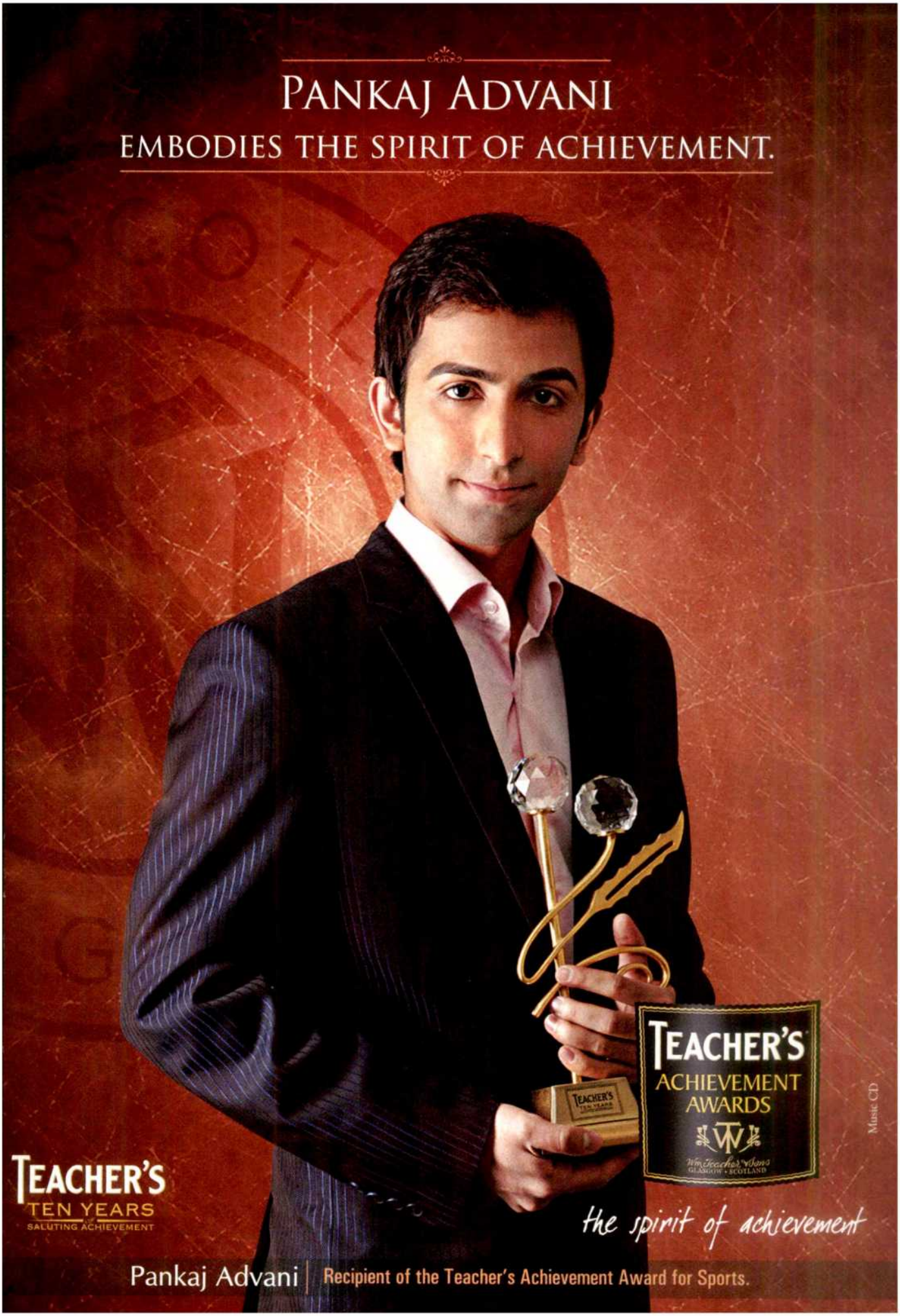
The book teaches one how to strategise with a difference. The authors describe how the leading companies of tomorrow will succeed by creating their own cult movement which will ensure growth for the next forthcoming years. A must read book for all Steve Jobs and Mark Zuckerberg followers.

TEST DRIVE

Keeping abreast of the rising tide of environmental consciousness, Rolls-Royce has developed a one-off model – a fully electric powered Phantom 102EX. The made its debut at the Geneva Motor Show in March and will tour the world through 2011. With the primary aim of gathering material for research and furthering the company's understanding of green technology, the Phantom Experimental Electric (EE) will be available for test drives as well, so as to aid the manufacturers through constructive feedback. Regular updates on the car's progress will be available on www.electricluxury.com.

UP IN THE AIR

Tired of the long, winding check-in baggage queue? For frequent flyers, here's an alternative which does away with hand baggage altogether. The SeV Carry-on Coat features 33 concealed pockets that allow you to pack in everything from a toothbrush to your iPad and files. So once you're frisked in, you needn't fret about leaving your bag anywhere; because all you need is right on you. While you might feel heavier than usual, we say it's still the way to go. Zip up!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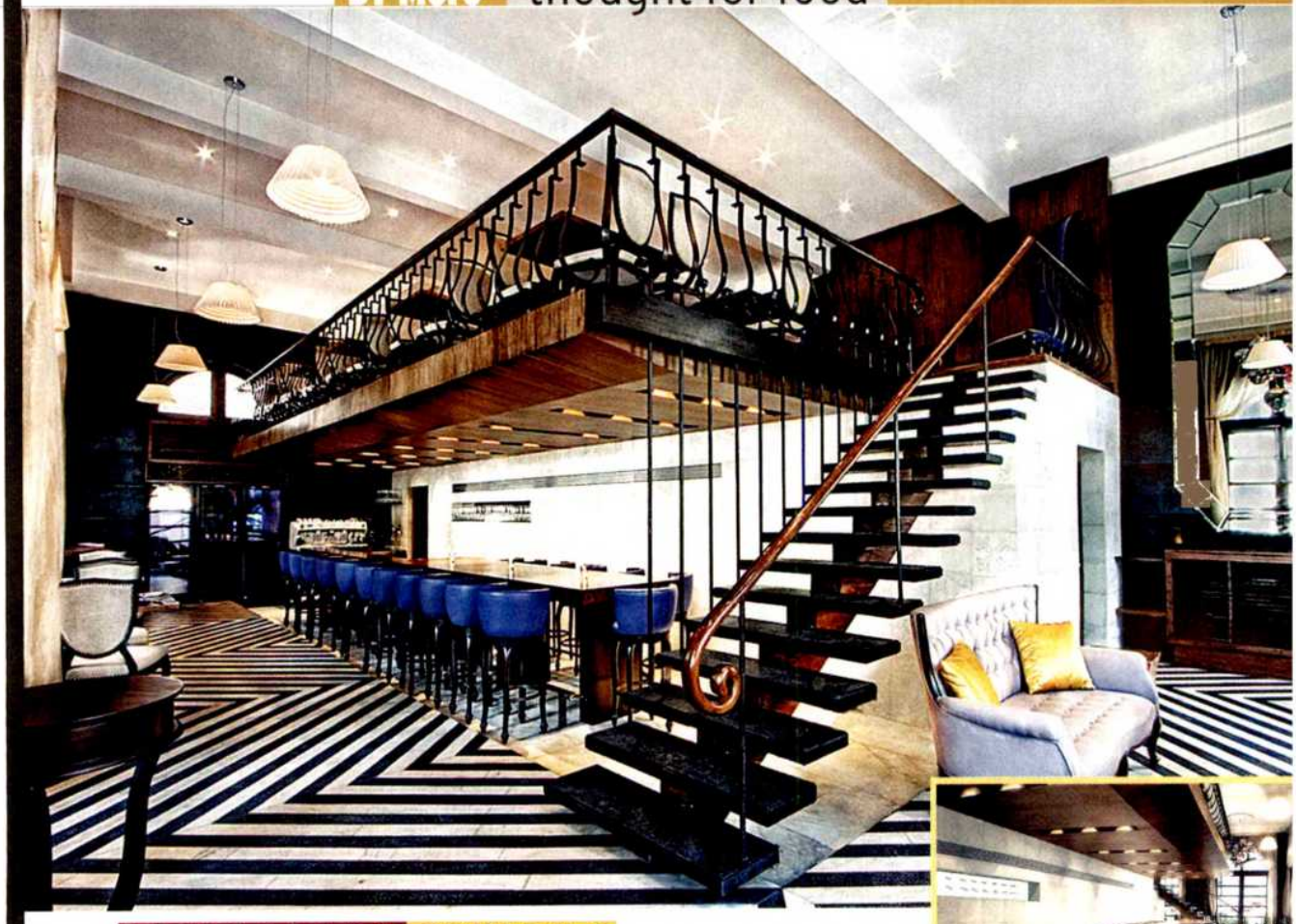


RESTAURANT REVIEWS

Table for Two

A great view, choice drinks and a buzzing atmosphere make The Table a great joint, but the food at the restaurant's globally-inspired menu at Colaba's newest eatery, leaves a lot to be desired.

BY ANAMIKA BUTALIA

Very few restaurants in Mumbai enjoy the luxury of having such a wide view from the street. From the outside, you can pretty much see the whole of the lower level of The Table. The ceiling-to-floor windows primly draped with curtains reveal a bar, a community table and several cosy tables.

The restaurant has a wine-only bar and serves wine-based cocktails like sangrias and bellinis by the pitcher too. Chic food is what's on offer here and the restaurant certainly serves it up well, save for the starters.

The rest of the food menu is divided in to 'small plates' and 'large plates'. The small plates includes soups and entrées. An experiment with spicy grilled calamari, chilli lime vinaigrette served with fresh herb salad proved to be delightfully fresh. The seared tuna, braised leeks vered with cilantro pesto and fried lady finger is as good—the softness of the fish and the crunchy lady fingers make for a good mix.

Among the large plates the crispy roast chicken, babycorn and mashed potatoes is disappointing. The crispiness of the chicken does not mix well with the mashed potatoes and the chicken jus is blander than expected. Likewise wit the seared basa, bok choy with garli jam. The garlic jam is an interesting mi of garlic paste and mayonnaise and th fish holds its own, yet overall, the tast leaves a lot to be desired.

A cookie platter and a warm choc late tart served with jaggery vanill gelato and morello cherry sauce ar choices on the dessert menu. The limo cello cookie is exceptional.

Meal for two: ₹3,000 plus taxes

The Table, Kalapesi Tru Building CSM Marg, Apollo Bunde Mumbai. Tel: 022 22825000/1/2.

A Twist of Beer

Delhi's Beer Cafe is a strange beast that is trying something very original; at least the beer's really good. BY BIBEK BHATTACHARYA

How many times do you expect to walk (or drive) down to the pub and expect to see bright colours, equally bright lights and all-glass walls? 'Never' would be a good answer. Chances are, you will stumble upon Beer Cafe one day this summer, when you stumble in from the heat into Ambience Mall, with your tongue like sandpaper and your throat parched. You will probably see the Beer Cafe through the sunspots and think its a cafe which serves, you know, some cold coffee. Then you'll blink and go "whoa!" The brainchild of entrepreneur Pradeep Gidwani, the Cafe scores on two very important counts: the sheer variety of beers (38, and counting) and the non-fussy payment routine. For the latter, you get yourself a beer card that is credited the amount that you spend on any of the beers. The easiest way to do so is to head to the beer on tap (only Kingfisher and Hoegaarden, the Belgian wheat beer), and serve yourself. Otherwise you could settle down with your favourite or go in for a tasting session. To my mind, unless you plan to be a regular here, this is the best way to enjoy the beer—in shot glasses. The collection itself is quite good, covering the standard

beers from Erdinger (Germany) and Stella Artois (Belgium); as well as lovely little boutique beers like the Brooklyn Indian Pale Ale (USA) and Tsingtao (China). The focus is on the beer, so what you get are snacks, of which the meat sliders and the chicken drums of heaven are just right. The gourmet cheese platter is a refreshing change from peanuts, anyday!

Beer Cafe, 2nd Floor, Ambience Mall, Vasant Kunj, New Delhi. Tel: 011 40870509. Price: Starts from ₹175 for 330ml.Open from: 1pm to 12am.

Beer Picks

The USP of the Beer Cafe is justly the variety of beer on offer. Here are three of the best you can sample here.

Erdinger: One of the best wheat beers you can get, this German beer comes in light and dark wheat vareities.

Saison Dupont: This Belgian Farmhouse Ale is regularly voted as one of the best beers in the world. Highly merited.

Brooklyn: The hip New York boutique brewery is represented by a lager and a great bitter India Pale Ale.

STATE OF WINE

Vast, sprawling vineyards, a state-of-the-art winery, a sleek minimalist guesthouse of contemporary architecture; accompanied by large quantities of vino. Two days at the Fratelli winery in Maharashtra were a lesson in wine and passion, and their Indian connection.

BY HITANI KAUR

A short two-hour plane ride to Pune and the ensuing three-hour drive to Akluj in the Solapur district of Maharashtra, makes the Fratelli winery a hop, skip and jump away from the hustle and bustle of Delhi. But for a mere five-hour-long commute, the landscape changes dramatically – traffic is replaced by deserted roads and the noise by silence that's almost deafening. Free from the usual cacophony of shouts and blowing horns, this getaway from the city was long overdue.

I was on my way to witness brand Fratelli's workstation – the laboratory churning out what is being touted as the next big brand on the Indian wine market. After Sula, Grover and Champagne Indage, Fratelli is the newest player in the country. Created by master wine-maker and viticulturist Piero Masi, and owned in partnership by three sets of brothers – Andrea and Alessio Secci from Italy, the Sekhri brothers Kapil and Gaurav from Delhi and the Mohite-Patil brothers Ranjitsinh and Arjunsinh from Akluj in Maharashtra, this unique outfit clearly takes the concept of 'brotherhood' quite seriously, and rightly so. After all, *fratelli* does mean 'brother' in Italian, and this trans-continental fraternity is driven by passion and a challenge to alter the image of wine in a country that still perceives it as 'foreign'.

Coming back to the task at hand, I was apprehensive to say the least. Not being much of a wine connoisseur myself, I was expecting to be schooled in what I thought would resemble rocket science. But over the course of the next two days, I was pleasantly surprised.

Unlike their wines, the approach to the winery is imposing, amidst the arid nothingness. What seems like a white dune from the distance, comes into focus as a larger-than-life 'Fratelli' spelt out in bold white concrete. The structure of the guesthouse and winery seems to embrace the environment with a concrete white spine and glass body structure designed by architect Sunil Patil. We were greeted by Alessio, who was down from Italy on his second visit that month. After freshening up, we sat down to a late lunch (cooked by our hosts) during which Alessio's plate remained largely untouched as he answered our myriad questions about the decisions leading up to the mammoth investment of starting a winery. "It was the result of an evening of high spirits", he told us. "We just really wanted to make it work. So it

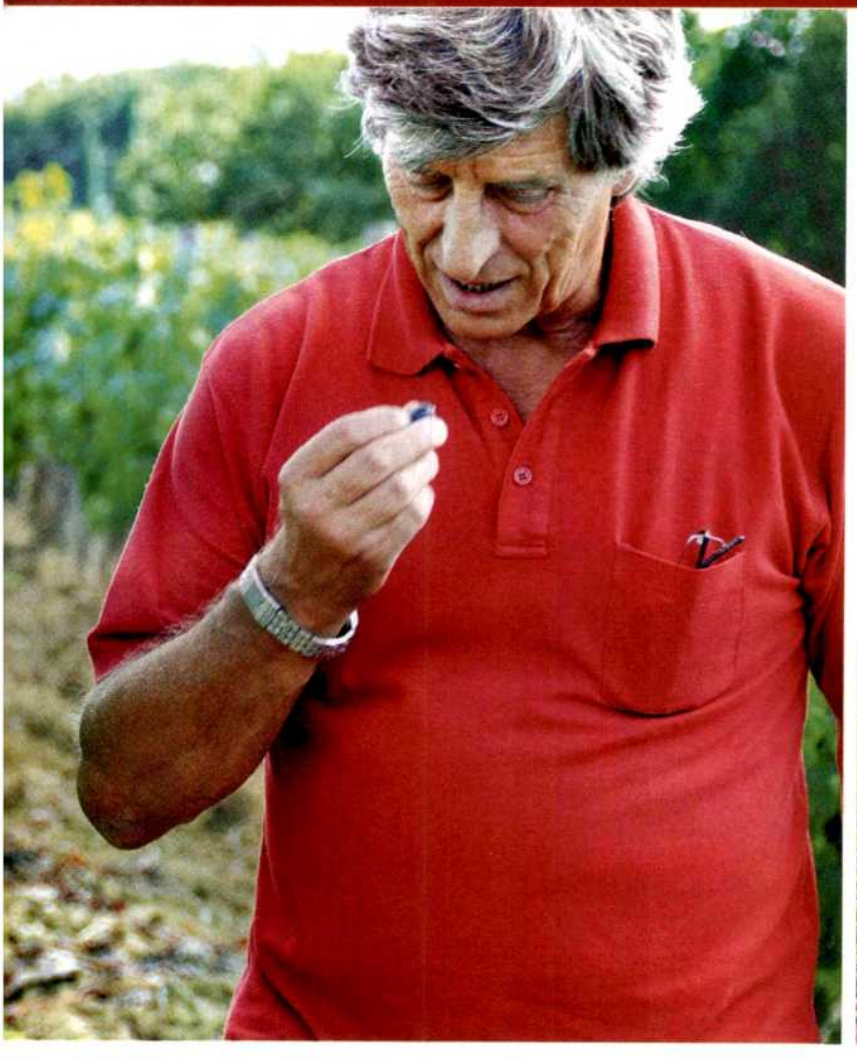
SAUVIGNO
FRAT
ATEL
BLANC

took us a while to get the funds in order, and yet longer to find the right space for the vineyards, but after a lot of research and planning, we were on our way."

The next day started with a tour of the winery, located on the same property and just adjacent to the Fratelli guesthouse where we were staying. Alessio was busy with a buyer so Arjunsinh filled in. Listening to the assorted brothers talk about winemaking is much like watching a doting housewife cooking dinner for her family, albeit in something that resembles a spotless five-star kitchen. The 58 gleaming tanks in the winery stand tall in neat rows and at the time of crushing the grapes, they are connected by a pipe to the single crusher outside. Within, a raised ramp network allows access to the cauldrons from above. The bottling plant is housed in a separate room divided by a passage—soon to be adorned by the works of upcoming artists in time for wine tours—and churns out 1600 bottles per hour, stamped with a single grapevine accompanying the imposing company logo. We were patiently taken through the entire process, from when the grape- rushing begins, till when the wine is bottled, labelled and stored away in the cellar below at a precise temperature of 18 degrees Celsius. The sheer labour that goes into wine-making made me appreciate every sip I took during dinner later that evening.

What I found refreshing was the easy, natural mingling that set the tone through my visit. Rather than being a sales pitch, their campaign starts and ends with the wines. Unlike other Indian wine-makers who churn out new wines in volume, this fraternity follows the 'less is more' school of thought. "A good wine is made in a vineyard, not in the winery", says Alessio Secci. To this end, they have a collective 240 acres of vineyards distributed over their three sites at Motewadi, Nimgaon

THE SPACIOUS, NEW AGE DESIGN OF THE WINERY HAS BEEN INSPIRED BY THE DESIGN OF THE FERRARI FACTORY, WHILE EQUIPMENT HAS BEEN SOURCED AND IMPORTED FROM ITALY.



Clockwise from left: Rows of tanks in the winery; Piero Masi checking on the grapes; a view of the vineyards; the Fratelli cellar

and Garwad, where they've planted 13 distinct varieties of grapes sourced from France. This was to be our next destination, and after a short drive to the vineyards, we were more than ready for lunch.

A small group of five, including two members from the Fratelli family and their representative, our diverse backgrounds seemed to mix reasonably well as we sat under a thatched gazebo of sorts, atop a low hill overlooking a wide vista of green veins running through a muddy terrain for as far as the eye could see. Of course, the view wasn't all that we'd come to enjoy, as there was also the picnic to consider – hot *rotis*, rice *pulao*, spicy home-made chicken, yellow *dal* and *masala aloos* – accompanied by half-topped goblets of Chenin Blanc, Cabernet Sauvignon and Sauvignon Blanc. Though not quite your typical Italian meal of pasta in red or white sauce, the spread at hand juxtaposed the wines in an interesting balance. And if the Secci brothers of Fratelli Wines can have their way, our glasses of water are soon going to be replaced by glasses of wine!

After much over-eating (and drinking), we accompanied Alessio on a vineyard trail, all the way down the same green veins we'd seen earlier. The lasting silence of our surroundings was punctuated by an occasional drumroll accompanied by a shooing sound made by workers posted at spots across the expanse. We learnt that the purpose of this was to shoo off birds that make a beeline for the vines. Not long after, our lunch was digested, and we were only too happy to start munching on the different varietals of grapes, trying to grasp their distinct flavours and answer Alessio's pop quiz on the nuances of each variety. The perfectly ripe bunches were ready for the last harvest of the season, and Alessio was schooling us on why some of the grapes were already shrivelled while others needed a few more days to reach their optimum flavour depending on the angle of the sun, the shadows cast by the hillslope etc . It seems improbable that just four short years ago, this lush hillside was rocky, barren land. Explaining how the vision became a reality, Alessio said, "We did a lot of testing, over and over. But in the end we knew the land would be perfect for grapes, albeit after a lot of work. It took some trial and error before we realised which varietals would thrive in this soil and which would just not take to it." As proof of their experimentation, there is still a patch planted for Pinot Noir, which turned out to be a miserable failure and will be replaced by a different grape this year. "Kapil loves his Pinot Noir, he insisted that he wanted to make it along with the other varietals, so we thought we'd give it a shot." That was not to be, but their specialty is the low-yield plant. Rather than squeezing the most out of each wine, they have made a conscious decision to obtain the optimum amount and stop right there. As compared to other winemakers who obtain 15,000-20,000 tons

Above: The guesthouse and winery in Akluj; **Below:** Fratelli's Cabernet Sauvignon paired with Indian cuisine

per hectare, Fratelli limits the quantity to 10,000 tons. The result, they say, are wines of a higher, finer quality. This attitude to winemaking clearly sets them apart from the multitude of winemakers in the country; the heart they put in it, and their almost emotional drive behind the venture. After all, they've sunk their life's savings into it, so the obessessiveness makes sense.

We'd had a long day and it was our last night at Fratelli, so our hosts went the whole nine yards and prepared a fitting send-off. Back at the guesthouse grounds a roaring bonfire took centrestage out front, while we sat decked out on thick mats and enjoyed some local entertainment which consisted of ten men doing a hop, skip, jump, round-and-round routine while piping out some vaguely familiar Bollywood tunes from little trumpet-like instruments. Of course, we were watching glass in hand, eating some freshly barbecued quail and tandoori chicken Akluj-style. And though the bar that last night was well-stocked with whisky, vodka and beer, not one of us reached for anything other than the wines; you could say we'd been converted!

Four years, a few roadblocks, much experimentation and several combinations down the line, last year saw the public launch of the first batch of this Indo-Italian venture. Currently distributed in Mumbai and Pune, Fratelli wines will soon be made available in the North, once they obtain their license. India's popular wine connoisseur Magandeep Singh thinks they currently make the best wine India has to offer, and even back home in Italy their wine has been appreciated at blind tastings by experts. The Fratelli family's ultimate ambition is to place their bottles on the tables of Indian homes, and though they've managed to make a splash so far with their quality wines, it remains to be seen where they go from here. ■

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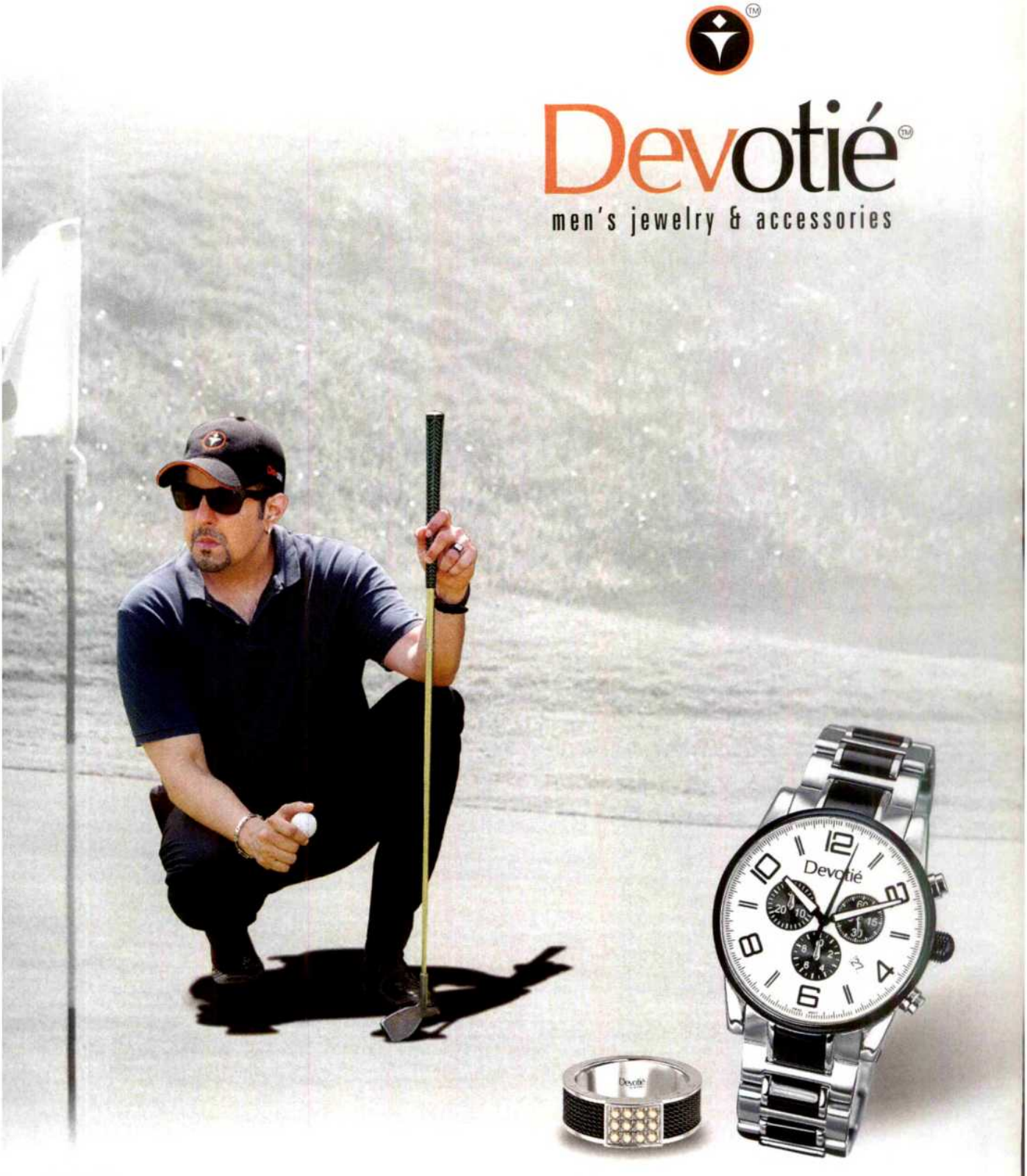

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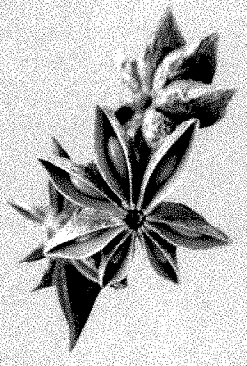
Ouzo is a popular Greek anise-based liqueur that is best enjoyed as an apéritif with lazy lunches

Seed of Delight

Immensely popular in its various forms throughout the Mediterranean, anise-based drinks are the best way to kick back on a hot afternoon.



BY BHAICHAND PATEL

Anise is a traditional drink in countries on the fringes of the Mediterranean Sea, all the way from Lebanon to Spain. Different countries have different names for it but the taste is more or less the same. The Arabs call it arak, in Turkey it is known as raki, to the Greeks it is ouzo and in France it is pastis.

The residents of this part of the world drink it the way they drink beer in Germany and feni in Goa. It is their every day drink, a thirst quencher, the most popular tipple of the region.

Technically, anise is not a spirit like vodka or whisky; it's a liqueur. The former depends on the process of distillation for its flavour. Anise gets its flavour from various ingredients that are soaked in neutral alcohol after it is distilled. That makes it a liqueur. However unlike other liqueurs anise isn't as sweet and it is not an after dinner drink.

A number of herbs and roots go into the making of anise but its principal ingredient is something us Indians like a lot, aniseed, or what is known in Hindi as *saunf*. We chew *saunf* after a meal as a digestive and we eat it wrapped in *paan* leaves. Anise could well be the next big thing here, though, so far, I have not been able to find a bottle in retail.

There are two types of aniseed. One is the star anise that we find in *garam masala* and then there is fennel, the seed, that is more common. Both are used in making anise depending on the country.

Anise can be enjoyed as an aperitif before a meal but it is an equally pleasant accompaniment to a meal. Anyone who has been lucky to have enjoyed hospitality in a Mediterranean home will know that anise is synonymous with lazy, extended summer lunches in the sun: a generous spread of dishes to pick and choose from, salads with feta cheese, shelled prawns, grilled sardines, skewered kebabs, crispy calamari, stuffed mushrooms, rice-filled vine leaves, and, of course, anise. Whether it is arak, raki, ouzo or pastis, anise is sipped slowly, often between servings to cleanse the palate. The drink embodies a way of socialising in the region.

I had my first taste of anise in its Greek version, *ouzo*. It's fascinating the way this clear, colourless concoction with its lovely aroma, clouds up when water is added to it. It is this attribute that gives anise its French name, pastis. The word is a

corruption of the French word *pastiche*, meaning a mixture.

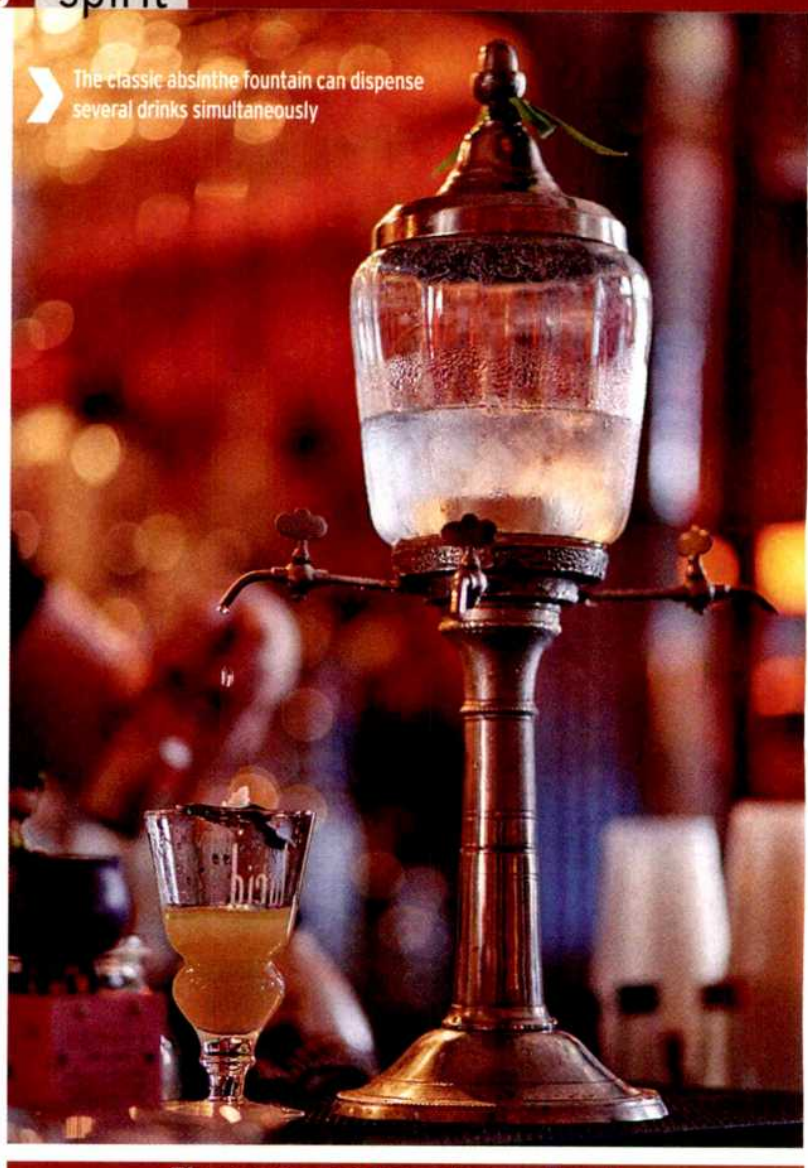
The French pastis has a more refined, smoother taste than the versions found in the neighbouring countries. It is the direct descendant of the very potent and deadly drink called absinthe—the muse of poets, artists and later, rockstars.

It was first concocted around the time of the French Revolution by Dr Pierre Ordinaire who discovered that wormwood—a narcotic herb—was a cure for just about anything. Further experiments created absinthe, which included fifteen other herbs including aniseed and coriander. He found that the curative effects of the mixture were heightened if it included an enormous quantity of alcohol: 68 per cent. That became the traditional strength of absinthe.

By the 1890s absinthe's high strength and peculiar form of intoxication from wormwood made it the drink of choice of European café society. Picasso painted absinthe bottles and absinthe drinkers and drank it himself. So did artists like Manet, Lautrec and Degas. Van Gogh infamously sliced off his ear after getting drunk on it.

Always notorious, absinthe was finally banned in Switzerland in1905 when one of its citizens woke up from an alcoholic stupor and found his wife and children at his feet, slain by his own hand (*see poster on next page*). Ten years later, France too banned it after the country suffered heavy losses in the World War I, partly due to extensive use of absinthe by its soldiers.

Absinthe is still around, but it no longer contains wormwood which corrodes the liver as well as the brain. It continues to be a potent drink with a 55 to 70 per cent alcohol content. Today, most of it is produced in Eastern Europe, mainly the Czech Republic. If you want to live dangerously, try the absinthe that is made in Bulgaria and bottled at just a little under 90 per cent! The absinthe you get today maintains its original



The classic absinthe fountain can dispense several drinks simultaneously

There are several ways to sample anise

OUZO

Ouzo can be best described as an aperitif, much of which is produced in the Greek island of Lesbos. It's best savoured at traditional *ouzeries*.

ANISETTE

Sweeter than all other anise-based liqueurs, it possesses a strong flavour. It's popular in Mediterranean countries as an after-dinner drink.

ABSINTHE

The best-known and most controversial anise-based drink, Absinthe is famous as a muse for artists and poets as it is notorious for its high alcohol levels.

PASTIS

This popular French liqueur emerged as a less toxic version of absinthe after the latter was banned in France. It is a liqueur of choice for cocktails.

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Anise-based liqueurs are drunk both as a spirit as well as apéritifs

LA FIN DE LA "FÉE VERTE"
(Suppression de l'Absinthe en Suisse)

emerald colour that had earned it its nickname, 'green goddess'.

There are several ways of sampling absinthe. You can strain it through sugar into a glass and sip it slowly. The more adventurous put a shot of it in a glass, set it alight with a match, and suck it through flame-proof straws.

When France banned absinthe, one of its leading producers, the firm of Henri-Louis Pernod, licked its wounds and launched a similar product but this time without wormwood and with lower alcohol content of 40 per cent. This became pastis, a sanitised version of absinthe without its venerable signature green colour. The company labels it as Pernod. The other quality pastis brand, Ricard, is now part of the same company, Pernod-Ricard controlling about 80 per cent of the pastis market.

How should one drink anise? When you order it in a bar in Paris, Istanbul or Beirut, the waiter will serve it with a jug of very cold water. Ideally, you should mix anise with an equal amount of water. As I earlier mentioned, adding water will make it cloudy, sometimes with a faint yellow or blue tinge. Never add ice if you want to drink it like the locals. Add sugar to taste, or drink it neat but the latter is not advisable.

Anise should not be confused with anisette which is a sweeter after-dinner drink with a lower alcohol content of 25 per cent. This liqueur too is made from aniseed together with cloves, coriander and other herbs. The most famous anisette brand is Marie Brizard.

Then there is sambuca, Italy's most famous liqueur. Sambuca gets its flavour from aniseed as well as elderberries and other herbs and roots found in the Italian countryside and mountains. Like most other anise-based drinks, this too is colourless and becomes cloudy when ice or water is added to it.

I would not advise using ice, as there's a better way of drinking sambuca: add three freshly roasted whole coffee beans. The beans decorate the drink but you can chew them as you continue drinking. The bitterness of the beans tend to highlight the flavour of anise. According to Italians, the beans represent health, happiness and prosperity.

A great way to drink Sambuca is to set fire to it while it's in the glass, blow out the flame before sipping it. The fun never stops with anise-based spirits, so sample its delights if you haven't already . Cheers! ■

THE MORE ADVENTUROUS ABSINTHE DRINKERS POUR A **SHOT OF THE DRINK IN A GLASS, SET IT ALIGHT WITH A MATCH,** AND SUCK IT THROUGH FLAME-PROOF STRAWS

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mantrasz 2011

GET LOST IN SPAIN

We take you on a whirlwind trip across Spain's hidden treasures and hedonistic preserves. Come undone.

BY CHRIS HASLAM

Spain's vintage charm blends seamlessly with its cutting-edge cool attractions making the country a sensory delight. Hop, skip and jump through the most exciting Spanish adventures—from the Rioja road trip to full-on flamenco, via the romantic hideways of Mallorcan citadel, just after some serious sun-soaking at the beaches of Costa Brava—as we reveal the must-see's and must-do's for every kind of traveller.

FOR HIPSTERS AND HEDONISTS

Sleep off the Seafood

The Galician fishing port of Vigo has always been home to Europe's best seafood—pop into any restaurant on the Rua Pescaderia, order a bottle of albariño and eat whatever they tell you to—but the accommodation has traditionally been a bit ropey. That has changed with the opening of the swish Gran Hotel Nagari, a five-star boutique and spa with plasma screens, Bulgari shampoo, hydromassage baths and a rooftop spa with views of the fishermen sailing home with your lobsters. Rooms for two start at £119 (₹8,740). Tel: 00 34 986 211111; www.granhotelnagari.com.

Designer Nirvana

Nowhere on earth does design hotels like Spain, and nowhere in Spain does them better than Barcelona—which, like the A-lister it is, has a reputation for uber-cool to maintain. Hipness for the hard-up is at Hotel Denit (Doubles from £99 (₹7,262); www.denit.com), just off Placa Catalunya, which offers budget minimalism, with iPod docks and plasma screens. Or else, try Hotel Omm on Pasceo de Gracia in the Eixample, which combines coolness and design with a self-mocking sense of humour. Doubles start from £172 (₹12,617). Tel: 00 34 934 454000; www.hotelomm.es

FOR HAPPY YOUNG FAMILIES

Celtic Countryside

Imagine Scotland, but sunny and with good food. That's Asturias, in the green north of Spain. For Asturians, who were never conquered by the Moors, their Celtic stronghold is the only true Spain—the rest is just terra reconquista. Your base for exploring the region is the Old School House, in Espinaredo—a three-bedroom stone cottage equipped with outdoor games and a stream running through the huge garden. The beach break at Rodiles is 50 minutes away, as is the delightful old town of Oviedo. It's yours from £408 (₹29,960) onwards for a week. Bookings

A performer presenting the traditional Spanish dance –flamenco

THE PERFECT TIME TO WITNESS A SERIES OF

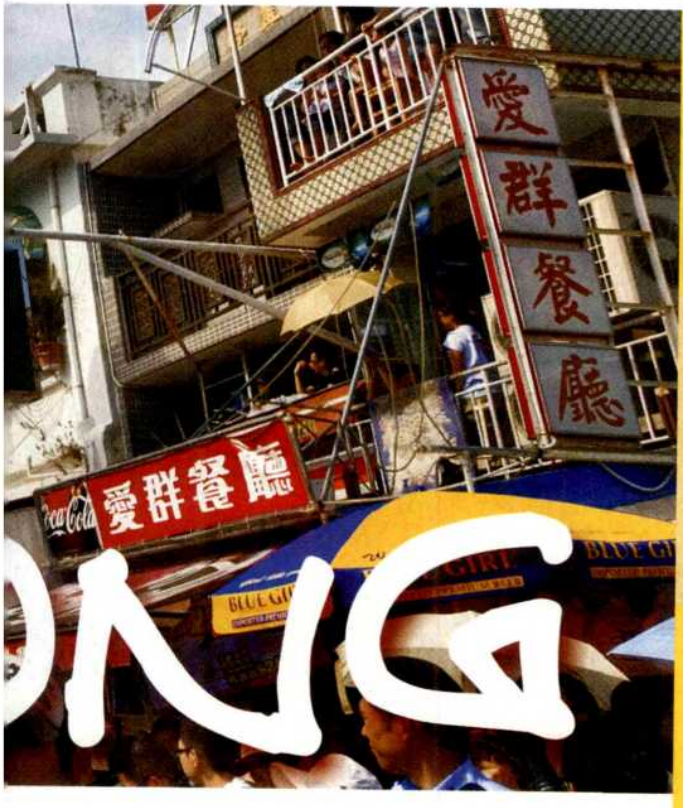
During this holiday season, you can experience a unique world of celebrations in Hong Kong as Asia's leading tourist destination brings an exciting sequence of festivals and events offering visitors a diverse assortment of unique traditional Chinese festivals. All through this action-packed summer, the city will offer an enchanting mix of festivals, music, sports, arts and cultural entertainment.

Hong Kong is home to a fascinating living culture and one of the best ways to discover it is to take part in any of the four traditional Chinese festivals that take place in April and May. These include the birthday celebrations of popular local sea deities such as Tin Hau (25 April 2011) and Tam Kung and the Lord Buddha (10 May 2011), while the **Cheung Chau Bun Festival** (7- 11 May 2011) is certainly the pinnacle of the seasonal events in more ways than one. This is one of those unique festivals that will leave you spellbound and provide lifelong memories – and it all happens on the tiny outlying island of Cheung Chau, once home to some of the most notorious pirates in the South China Sea.

This weeklong celebration includes a fantastic parade of children dressed up as mythological Chinese characters as well as a bun tower scrambling competition. This amazing festival attracts thousands of locals and overseas tourists every year and it gets its name from the huge towers of 'lucky' buns.

This activity has been practised for more than 100 years. Cheung Chau was devastated by a plague in the late Qing dynasty. Local residents set up a sacrificial altar in front of Pak Tai Temple to pray to the god, Pak Tai, to drive off evil spirits. The residents even paraded the deity statues through the village lanes. The plague ended after performance of the ritual. Since then, residents on Cheung Chau have organised a Bun Festival every year to express thanks to the god for blessing and protecting them.

With residents' participation every year, the ritual was passed down through the generations. The festival also provides a platform for residents to perform their folk craft. This is accompanied by folk performing arts like Taoist rituals and music, a parade, lion dances, qilin dances and drum beating. The weeklong festival climaxes with a large, carnival-like street procession



LOURFUL FESTIVITIES

Birthday of Tam Kung

Tam Kung is one Hong Kong's popular local sea deities worshipped as an immortal that blesses the fishermen and calms the sea. His birthday festival is celebrated with considerable devotion and fanfare at the Tam Kung Temple in Shau Kei Wan, once a busy fishing village that housed most of the fishing populations as a good storm shelter.

Birthday of Tin Hau

On Tin Hau's birthday, fishermen adorn their boats with colourful flags and people pay homage at the temples praising the goddess for past protection and praying for safety and full nets for the coming year. Major celebrations includes a boat parade, a "Fa Pau" (floral shrine) parade and lion dances at Tai Temple, the oldest surviving temple in Hong Kong in Sai Kung.

Birthday of Lord Buddha

The Birthday of Lord Buddha is a celebration of great reverence in Hong Kong's Buddhist temples. Visitors can participate in the bathing ceremony of statues of Buddha, enjoy sumptuous Chinese vegetarian dishes and watch some astonishing Kung Fu performances by Shaolin monks at the monastery. A visit to Po Lin Monastery in Lantau Island would be ideal, which is home to the world's largest, seated, outdoor bronze Buddha.

featuring costumed children on stilts held aloft above the crowd, lion dances and other colourful participants. The parade winds its way through the narrow streets to the grounds near the Pak Tai Temple.

Villagers erect giant towers studded with sweet white buns and colourful giant papier-mâché replicas of various deities at the local temple built in 1783 to commemorate the Taoist God of the Sea. The Cheung Chau Bun Festival features a white steamed bun with the Chinese characters for peace stamped on it. It is these buns that adorn the bun tower and which are handed out to people at the end of the festival. It is also possible to buy the buns from local bakeries. The festival includes a three-day fasting or meatless period when only vegetarian-style food is available on the island.

The climax of this unique festival is a two-hour 'Piu Sik (Floating Colours) Parade' and the 'Bun Tower Scrambling Competition'. The procession features the images of old and much venerated gods as well as current political figures played by heavily made-up young children as young as five or six years old who glide by above slow-moving floats. Hidden inside their costumes are steel rods holding them aloft. Leading the parade are a host of celestial beings accompanied by lion dancers loudly beating drums and gongs. There are also Chinese Opera performances during the celebration period of this traditional festival.

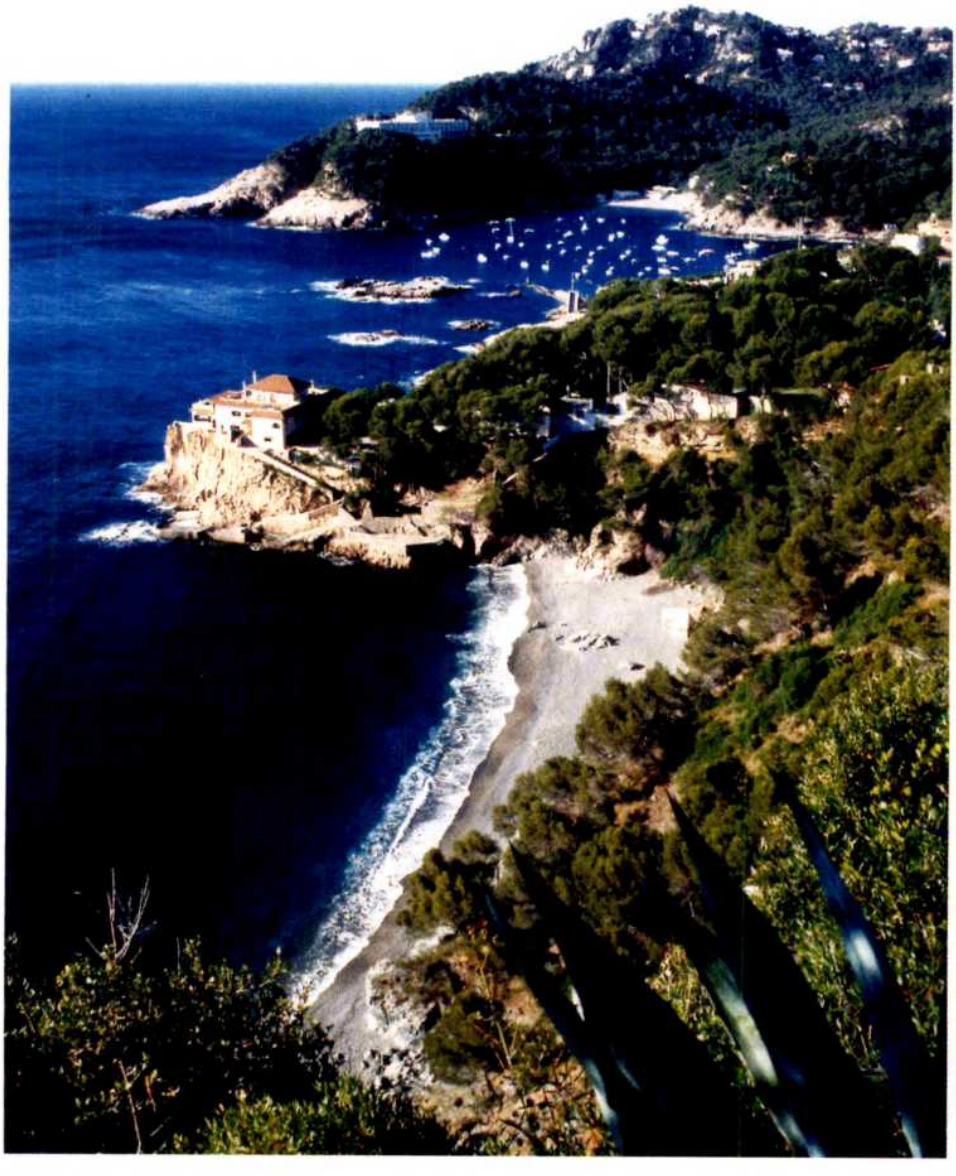
A second not-to-be-missed event is the 'Bun Tower Scrambling Competition'. During the competition that begins at the stroke of midnight on the final day of the festival, athletes scramble up a 60-foot-high steel tower covered in 'lucky' plastic buns vying to collect as many as possible. The finalist who grabs the largest number of buns within a three-minute time limit is the winner.

The Cheung Chau Bun Festival happens the same day as Buddha's Birthday (10 May 2011). There are all sorts of colourful cultural attractions to enjoy such as kung fu performances, Chinese Unicorn, Lion and Dragon dances. You're in for a fun, action-packed day!

Do not miss other major events that happen during this period which include The 7th Asian Flower Exhibition, Hong Kong International Art Fair. You can log on to *www.DiscoverHongKong.com* for more information.

All of these celebrations also provide visitors with fantastic opportunities to indulge in great shopping and dining promotions that are sure to add zest to the festivities and pique the curiosity of visitors.

Considering Indian passport holders can enjoy a visa-free visit to Hong Kong for a period of up to 14-days, it's time to celebrate with your family in Hong Kong – Asia's World City this summer!



can be made through www.-holidaylettings.co.uk.

Better Brava

The Costa Brava—and especially the stretch of the Baix Emporda between Palafrugell and Sa Punta—is the prettiest stretch of Spanish coastline, protected from development by its relative inaccessibility. Those in the know have been coming here for years, staying at the Hotel Aiguablava in Fornells (Tel: 00 34 972 622058; www.aiguablava.com). It's an old-fashioned, family-owned, family-friendly sort of place that sprawls down to its own beach. Some regulars came as kids and now bring their grandchildren; I'm afraid their secret is out. A week in an apartment sleeping four costs £1,864 (₹1.3 lakh).

FOR CLASSIC ROMANTICS

Mallorcan Citadel

Hidden away in a nature reserve on the south side of the Bay of Palma is the old fort of Cap Rocat, a crenellated redoubt with commanding views over the approaches to the capital. Once a bastion of militarism, it has just opened as an achingly romantic hideaway, with boutique suites housed in former magazines and a stunning infinity pool built into the fortress walls. A four-night romance package compete with champagne, dinner on the beach and his 'n' hers massages, costs £1,302 (₹95,507) for the two of you, booked direct with the hotel (Tel: 00 34 971 747878, www.caprocat.com).

On Top of the World

In the hilltop pueblo blanco of Gaucin, in Andalusia, Jesus (not that one) and Luis have turned the century-old guesthouse La Fructuosa (Tel: 00 34 617 692784, www.lafructuosa.com) into quite possibly Europe's most romantic small hotel. The five rooms and a gorgeous terrace offer views over three countries, two continents and two seas, and in early summer the air is rich with the scent of jasmine. There's not an awful lot to do in Gaucin—a ruined castle, the River

Prado. All in a five-day trip to Madrid led by the art historian Gijs van Hensbergen. Somehow, you get an afternoon off—you may like to visit a gallery. The price is £1,469pp (₹1.07 lakh) including flights, with Martin Randall Travel (Tel: 00 44 20 87423355, www.martinrandall.com).

Rioja Road Trip

Consider a seven-day, self-drive itinerary combining a sybaritic exploration of San Sebastian—the gastronomic heart of Spain—with a bacchanalian stumble through the vineyards of La Rioja.

Clockwise from below: Monfrague National Park; Cap Rocat; banana boats; beach in Fornells; Santa Susanna beach Costa Brava

Genal and a couple of decent bars—but you'll think of something. Doubles start at £75 (₹5,500).

Hotel Aiguablava, in Fornells, is an old-fashioned, family-owned, family-friendly sort of place that sprawls down to its own beach. Some regulars came as kids and now bring their grandchildren; I'm afraid their secret is out.

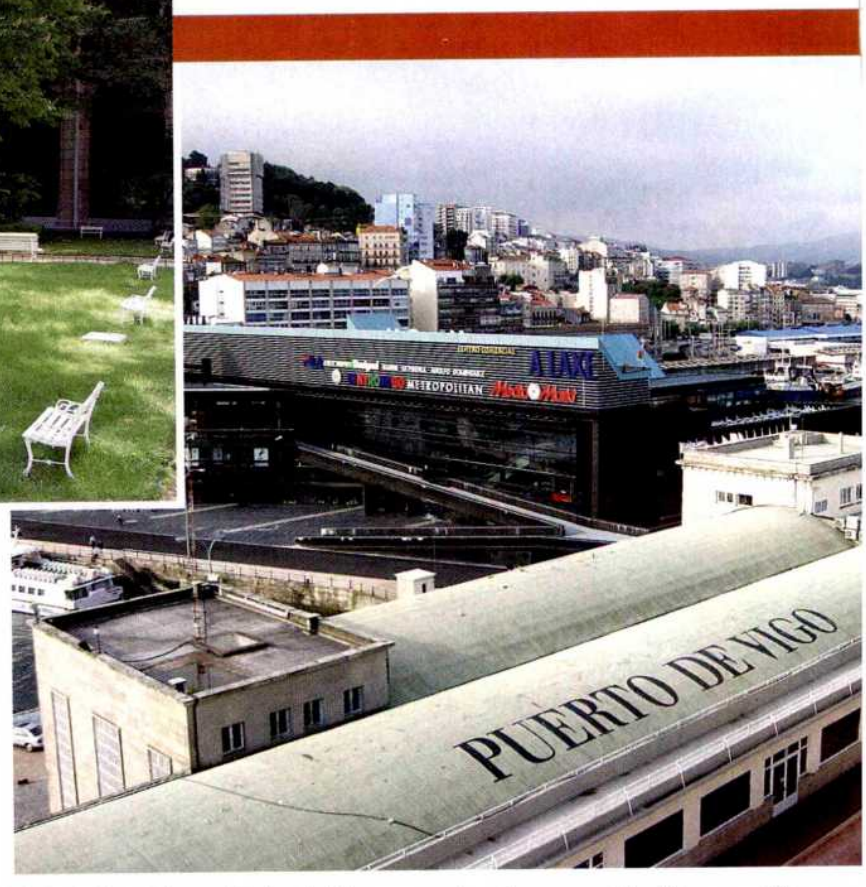
FOR CULTURE AND LEARNING

The Finest Arts

Goya, Zurbaran, Ribera, Murillo, El Greco, Miro, Picasso and Dali. The Prado, the Thyssen-Bornemisza Collection, the Royal Academy of Fine Arts, the Museum of Decorative Arts and the Lazaro Galdiano Museum. The church of San Antonio de la Florida, with its frescoes and canvases by Goya, the Sorolla Museum and the Centro de Arte Reina Sofia, home to Picasso's Guernica, then a return trip to El

Bit More Garlic

Learn to cook cocina Andaluza at Annie B's Spanish Kitchen, in the dazzling pueblo blanco of Vejer de la Frontera, south of Cadiz. Using fresh, locally sourced ingredients, you'll be taught how to prepare dishes such as fennel and lemon-roasted pork, fish baked in salt, and orange and almond cakes, as well as the perfect paella. Outside the kitchen, you'll enjoy a gourmet tapas tour, a trip to the fish market in Cadiz and a visit to a local deli, to sample regional cheeses, meats and olive oils. Staying at La Casa de Califa hotel (booked direct: Tel: 00 34 956 447 730; www.la-



Top Left: Lush lawns of Centro de Arte Reina Sofia; **Top Right:** Puerto de Vigo

TRAVELLING IN SPAIN

Several airlines fly direct to Spain from India, landing in Madrid or Barcelona. These include British Airways, Lufthansa and Airfrance among others.

GETTING AROUND:

- **By Road: Madrid's Avenida de América and Estación del Sur bus stations, and Barcelona's Sants and Paseo de Gracia bus stations are well-connected with the rest of the provinces. These stations also offer airport connection service**
- **By Sea: Ferries run regularly to mainland Spain from the Canary Islands, and the Spanish enclaves of Ceuta and Melilla. Most services are run by the Spanish national ferry company, Acciona Trasmediterránea (www.trasmediterranea.es)**
- **By Train: The Spanish National Railway Network (RENFE) connects all the provincial capitals with Madrid, with high speed trains.**
- **For bookings and more information on traveling in and around Spain, log on to www.spain.info**

casadelcalifa.com), in Vejer, costs £885 (₹64,918) per person, with B&B, four days of learning and three days of loafing.

FOR ADVENTURE

The Gredos on Four Legs

Northeast of Extremadura and the Monfrague National Park, west of Madrid, lies the Sierra de Gredos, a range of glittering granite peaks that are home to the Spanish ibex and more than 100 bird species, including the imperial eagle, the black vulture and the rare citril finch. Aimed at experienced riders, this week-long adventure explores the valleys of the Tormes, Corneja, Alberche and Tietar rivers from the back of an Andalusian Arab cross. Hard days in the saddle are mitigated by picnic lunches and nights in country hotels. Prices start at £1,514pp (₹1.11 lakh).

FOR SPLENDID ISOLATION

Get Lost in Teruel

The most remote bit of the extremely remote region of Bajo Aragon is Teruel, a staggeringly beautiful province so rarely visited that locals display plaintive bumper stickers declaring: "*Teruel existe*!" Here, with good directions, you'll find La Torre del Visco, a luxury hotel said, unsurprisingly, to be the most remote in the country. Run by an English couple, Piers Dutton and Jemma Markham, it's bordered by the Tastavins River and overlooked by the peaks of the Ports de Beceite. The building is a medieval labyrinth of quiet corridors, roaring fireplaces and nooks in which to hide yourself away, although there's no need—Nobody is coming to find you. Doubles from £175 (₹12,837).

FOR BRAZEN BEACH JUNKIES

Half-moon from Heaven

The perfect cove at Tamariu, on the Costa Brava, 80 miles up the coast from Barcelona, is a curve of pale golden sand lapped by impossibly blue water and fronted by a delightful parade of glamorous fish restaurants. Adventurous kids love the rock-jumping potential, as well as boat trips and snorkelling. Adventurous adults will enjoy the wide selection of Catalan rosés on the wine lists. Stay at the four-bedroom Casa Mar, a five-minute drive from the beach; prices start at £993 (₹72,841) a week. ■

Courtesy: The Sunday Times

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- Open air restaurant on top floor, in the midst of the stars.
- Triple height entrance lobby.
- Helipad on top floor.
- Observatory on 59th floor.
- Solar thermodynamic construction.
- High-end shopping.

*Conditions apply. The visuals shown are the artistic impression and are for reference only. 1sq. mtr. = 10.764 sq. ft.

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ON THE MOVE

The Traveller's Page

Highlands Down Under

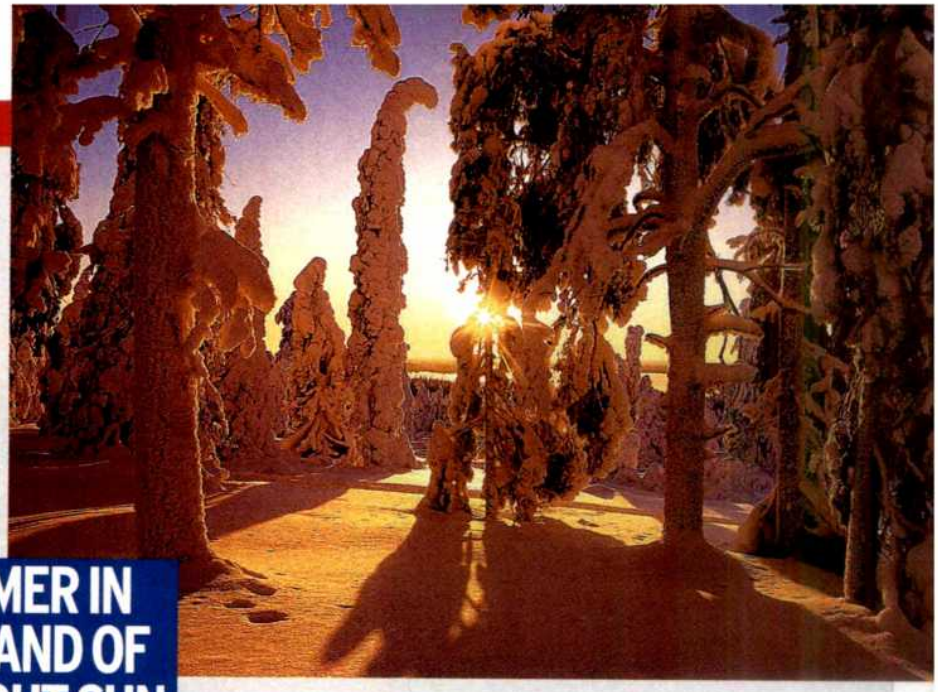
April is your final chance to discover the fantastic Southern Alps of New Zealand before winter sets in.

South of the equator, the world gets a little upside down for us northerners. We almost always forget that when we're baking in the heat, the southern hemisphere is going through winter. This is worth keeping in mind if you love mountains, because New Zealand has some of the most spectacular ranges in that hemisphere. The so-called Southern Alps aren't high by Himalayan standards—Aoraki, also known as Mount Cook is only 3754 m—but as they soar up majestically from the low-lying plains, the 470-odd km long range looks stunning. Neatly dividing the south island into two, the southern end of the range ends in spectacular fjords on the Antarctic Ocean.

The Ball Pass trek is a short but hard one that passes right under the south ridge of Aoraki, at a height of 2130 metres. The scenery here is quite spectacular as all but one of New Zealand's highest peaks are clustered in this area. New Zealand is famous for its supremely furnished trekking huts, so you don't need to carry much by way of provisions on the trek.

The trek starts after driving from Lake Tekapo to the road-head near the Tasman glacier, and then a pleasant hike up the Ball ridge to the Caroline Hut, situated spectacularly just opposite the Caroline face of Aoraki. The next day is given over to learn some basic tenets of mountaineering and this crash course is capped off by summiting the Kaitaki peak above the Ball Glacier for some great views of the area, as well as exploring one of the many large crevasses that streak across the glacier. The third day is spent crossing the Pass on the way down to the roadhead at Mount Cook village. The trek starts with a rapid ascent up exposed ridges right to the Pass, which needs to be crossed early in the morning before the sun melts the hard ice and snow. This is the heart of this heavily glaciated region and views include those of Aoraki, Mt Sefton, the Hooker and Mueller Glaciers and the Copland Pass. The descent from the pass over hard ice is a tricky one, for which you will need to use crampons.

The best thing about travelling here is that the trekking operators take care of all the required gear. Alpine Recreation from New Zealand is a top outfitter which organises all-inclusive treks for NZ$980 (₹33,400) per person. For further information, check out *www.alpinerecreation.com*.

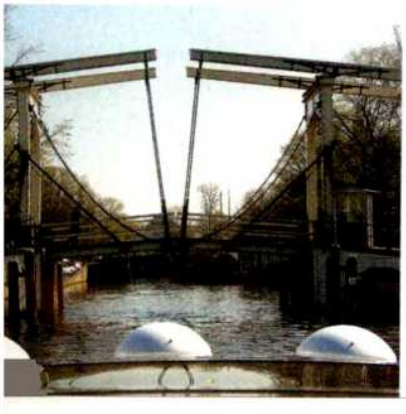


SUMMER IN THE LAND OF MIDNIGHT SUN

There's just one rule of Finnish summer: get out. While Finland is the perfect picture-postcard destination, complete with reindeers and a home-grown Santa during winter, summer is a hedonistic experience with unending days and balmy weather. To experience the true Finnish propensity for eccentricity in summertime, visit the town of Kuopio in the aptly named Lake District. The heavily forested landscape with its incredible 1,88,000 lakes becomea the playground for locals. For instance, there's the lumberjack show where a logger walks on floating logs in a lake, as onlookers cheer, particularly when he falls in. Finnish Lapland also is a completely different world during this time. Without the snow, the cross-country skiing routes become jogging tracks, and short downhill ski slopes are used by fairground cars. Here a late-night climb to the scenic summit of Luosto Fell, 100 kilometres north of the Arctic Circle is a great way to experience the midnight sun (from mid-May through mid-July). And when you've had enough of perpetual sunchine, check into a sauna for a perfect day's wrap-up. For more information on activities and stays log on to www.visitfinland.com.

Skinny Bridge

A maze of canals and bridges divide Amsterdam into a complex network of roads, tracks and pathways, best navigated on foot or on a bike. Of its 1281 bridges, the Magere Brug or the 'Skinny Bridge', with its old Dutch design, is the most popular. Sitting on the Amstel River, the bridge is said to have been built by the Mager sisters (*Mager* is a Dutch word for skinny) in 17th century. The bridge was so narrow that two people couldn't walk together. But in 1871, the original span was replaced with a wider bridge for pedestrians' comfort. To know more about tours and stays in Amsterdam, visit www.holland.com

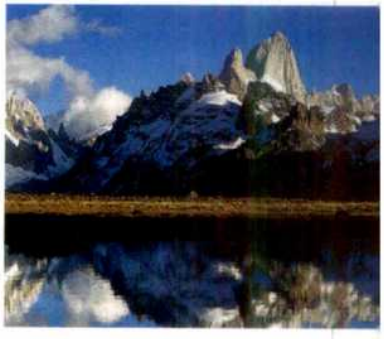


Europe Beckons

If its summer, then its got to be Europe. Especially if you're going for trips up to 19 days long with a 50 per cent discount. That's what the travel portal Cox & Kings is offering to tourists from India. All of their Europe packages are being offered with great dollops of sweetners. Thus you get the 19 D/18 N European Splendours with a 25 per cent cash back offer, or the 11 D/10 N European Whirl with a 50 per cent cash back offer. There are straightforward discounts too, like the 45 per cent off on the 11 D/10 N European Discovery tour. Too good a chance to let go. For more details check out ww.coxandkings.com.

Cliff Notes

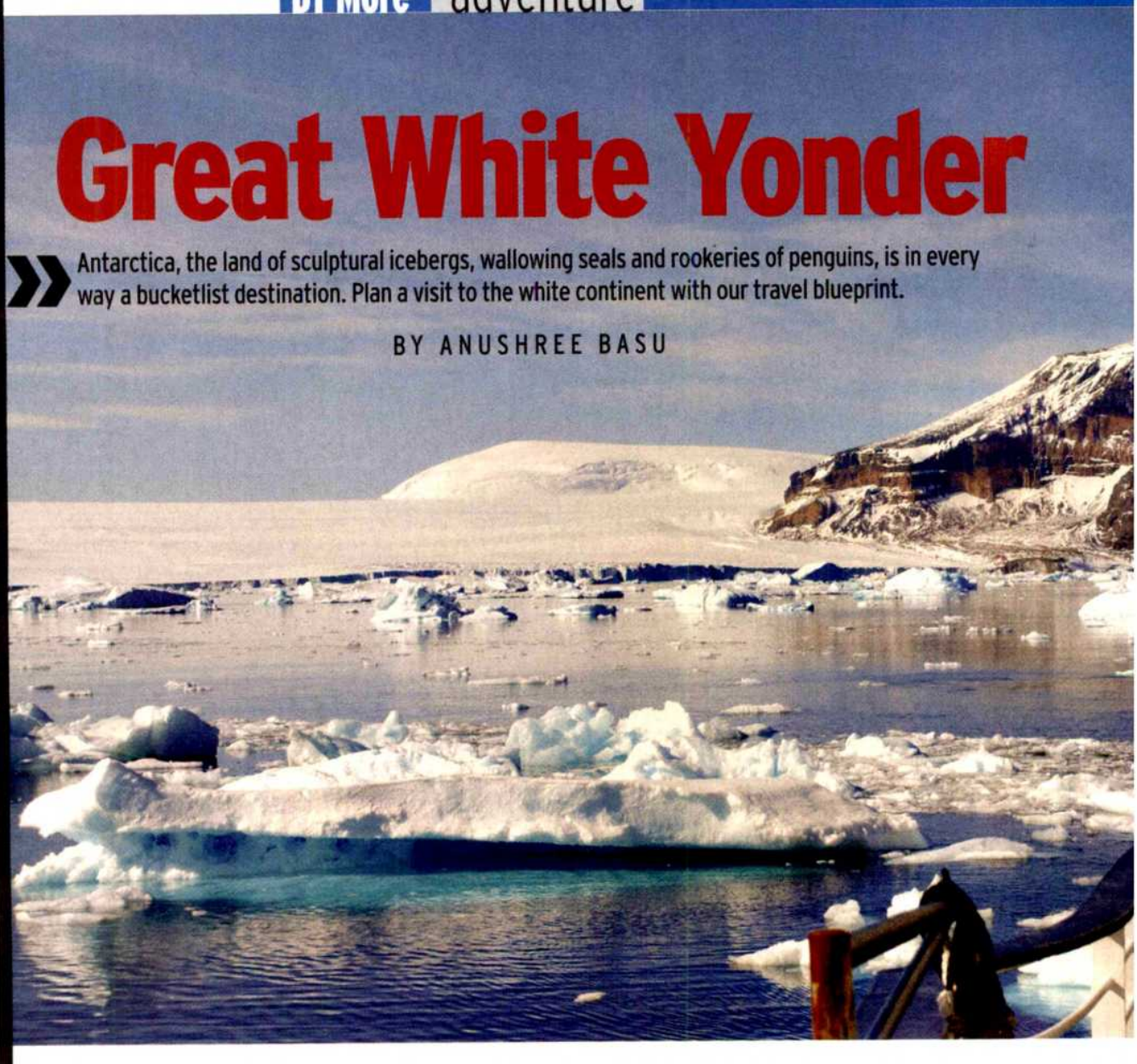
With it's glacier-carved peaks and fjords, Patagonia remains one of the wildest and most spectacular regions on Earth. The barren and weather-beaten Patagonian Andes is home to some of the world's greatest treks and trails that take you through pristine forests to the rims of glaciers, under granite monoliths and over rickety suspension bridges. Not an adrenaline junkie? Then cosy up in an *estancia* (country estate) where you can learn to ride with the resident *gauchos*; fish in stunning mountain scenery; or just sit back and take in the mesmerising expanse of Argentine wilderness. And now is the best time to visit there, as TUI has come up with an amazing 12-night/13-day package to Patagonia starting from $2060 (₹93,381) for two and is valid till the end of July, 2011. For more information on itinerary and inclusions, log on to www.tui.in



Great White Yonder

Antarctica, the land of sculptural icebergs, wallowing seals and rookeries of penguins, is in every way a bucketlist destination. Plan a visit to the white continent with our travel blueprint.

BY ANUSHREE BASU



It is difficult not to resort to clichés when talking about the last great wilderness that is Antarctica. The advertisement put out by polar explorer Sir Ernest Shackleton, before his famed, albeit failed, Endurance expedition (1914-16), best captures the spirit of the place: 'Men wanted for hazardous journey. Small wages. Bitter cold. Long months of complete darkness. Constant danger. Safe return doubtful. Honour and recognition in case of success,' it said. The lowest temperature ever recorded here is a heart-ceasing -89.2°C at a Russian research station in Antarctica, in 1983. People venturing out in such conditions, if inadequately clad, would have dropped dead within 45 seconds just after their lungs collapsed and their blood turned to jelly. Little wonder then that homo sapiens are a rarity here, except for the intrepid scientists on outposts, chill-blaining their way to research in astrophysics, climatology and seismology.

Other humans show up in packs largely in the summer months, from November through March, in cruise ships. It helps that their movement is all sea-based, with meals, transportation and accommodation combined in one floating package. This is good for both the visitors and the environment, as no hotels or other infrastructure needs to be built ashore.

Three points need to be kept in mind by the traveller. One, for reasons of safety, the cruise company must be approved by the IAATO (International Association of Antarctica Tour Operators), the governing body for Antarctic tourism that has been promoting safe and responsible travel in the region since 1969; two, it's a good idea to spend at least a couple of days at the starting point to get your body accustomed to the harsh conditions; and finally, since Antarctica's key appeal lies in its isolation and edgy vibe of managed danger, ensure that your

Above: Visitors on the deck on the Classic Route; **Top right:** Sledges are a common mode of transport; **Below:** Penguins catch the sun

vessel carries less than 200 passengers (any more and there will be jostling on the high seas).

While it's true that tourists can visit Antarctica only through group tours, these tours don't have to be one-size-fits-all. There are different itineraries on offer that suit different travel needs. The three tours listed below come highly recommended by the tour operators associated with the IAATO.

Indian tourists looking to get their hands cold need to fly out to Ushuaia, the capital city of Tierra del Fuego Province in Argentina, or to Christchurch in New Zealand, to embark on the voyage that best floats their boat.

Classic Antarctic Peninsula

The route: Ushuaia — Drake Passage — South Shetland Islands —Antarctic Peninsula — Ushuaia.
Duration: Approximately 2 weeks.
Tour operator: Kuoni India
Price: ₹2.7 lakh-plus per head (excluding airfare from India)

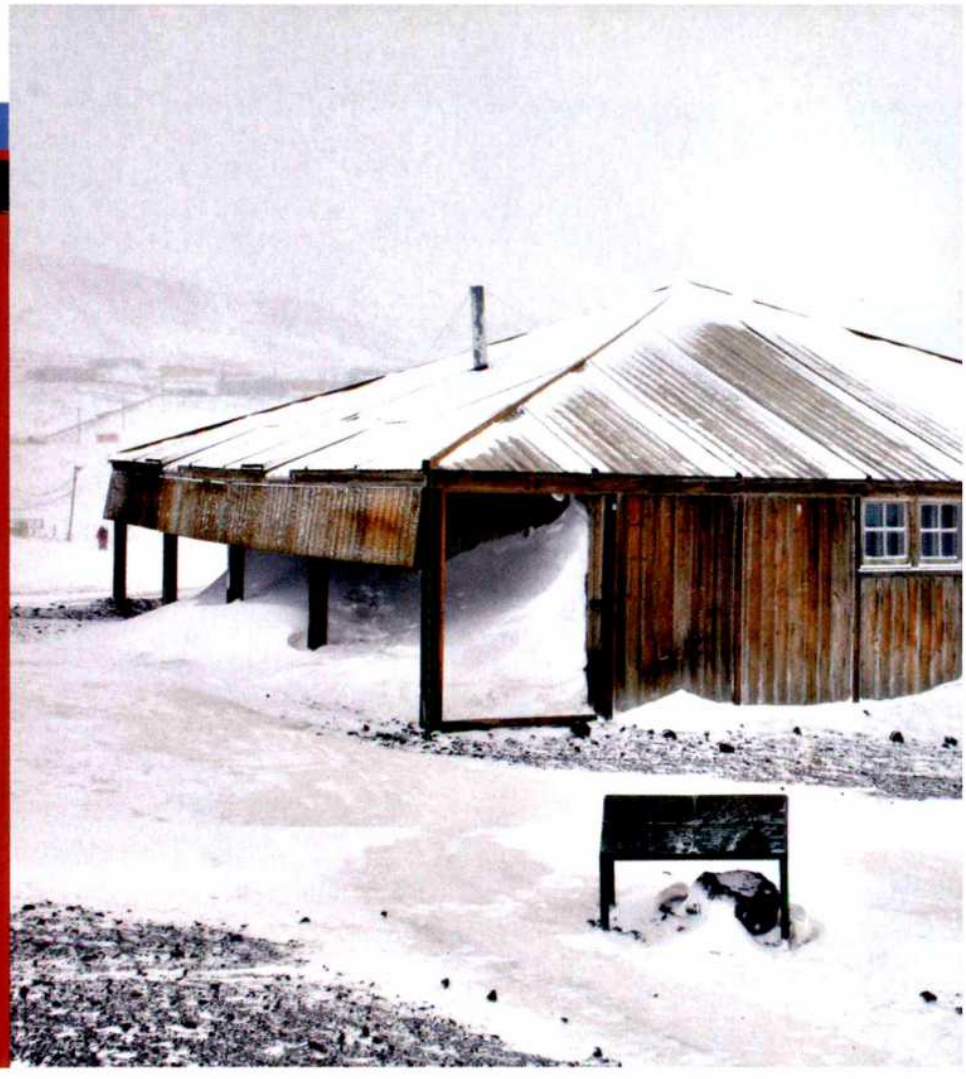
This journey begins and ends at Ushuaia, the world's southernmost city. The ship passes through Cape Horn and spends the next two days navigating the choppy waters of Drake Passage. Seasickness might get to you here as Drake Passage is infamous for having the roughest waters in the world. But endure this and you will be rewarded the next day with the first stopover at the South Shetland Islands, where the ship stays for the next three days. This is an archipelago of some 20 islands, spread across more than 500 km, lying roughly parallel to the Antarctic Peninsula. Prepare yourself for visions of penguin rookeries, Antarctic fur seals, wallowing elephant seals and an assortment of Antarctic tundra birds like the blue-eyed shags, kelp gulls, cape petrels and sheathbills. Hop off the ship and on to a zodiac (a fast-moving inflatable boat) to sail to Deception Island for a dip in the thermal waters at the black beach of Whalers Bay. The ship then sets sail across the Bransfield Strait to the Antarctic Peninsula where it spends the next four days anchored amidst frosted white wilderness, interrupted only by penguins, crabeaters, Weddell and leopard seals, and whales. From there, it's a three-day journey back to Ushuaia via the Drake Passage, with a short stopover at Cape Horn. The Classic Antarctic itinerary is ideal for families that include children as it is not too arduous or time-consuming.

In the Wake of Shackleton

The route: Ushuaia — Falkland Islands — South Georgia — Scotia Sea — South Orkney Islands —

TRAVEL GUIDE

- For Ushuaia: Fly to Buenos Aires from Delhi or Mumbai on Air France (www.airfrance.com; for ₹61,000 one way). From there, catch a connecting Aerolineas Argentinas flight (www.aerolineas.com.ar; ₹8,000 one way). For Christchurch: Fly direct on Emirates from Delhi. (www.emirates.com; ₹41,000 one way)
- Kuoni India charters Silversea Cruise Limited's *Prince Albert II*, with 132 passengers, and Cruise Norway India and Hurtigruten's *MS Fram* that carries 200 passengers. (Details on www.kuoniindia.com)
- Abercrombie & Kent charters *Le Boreal*, carrying 199 passengers. (Details on abercrombiekent.com)
- Quark Expeditions charters ice-strengthened vessels with passenger capacity of under 150. (Details on quarkexpeditions.com).
- List of cruise companies operating in the region on www.iaato.org



Antarctic Peninsula — South Shetland Islands — Drake Passage — Ushuaia.
Duration: Approximately 3 weeks .
Tour operator: Abercrombie & Kent
Price: ₹2.2 lakh-plus per head (excluding airfare from India)

The ship sets sail from Ushuaia, from where it's a clockwise journey that combines the Classic Antarctic Peninsula itinerary with a trip to the Falkland Islands, South Georgia and the Southern Ocean islands. First stop is Port Stanley, the world's most desolate capital city, in the Falkland Islands. From there, hop back on board to start a three-day and 1,400-km long voyage to South Georgia. Here, visit Grytviken, home to an abandoned whaling station, the South Georgia Museum, the grave of Sir Earnest Shackleton, and watch penguins crowd the beaches of St Andrews Bay or Salisbury Plain. Recall the famous poem *The Rime of the Ancient Mariner* by Samuel Taylor Coleridge, as you reach the Albatross Island and Prion Island—home to the wandering albatross as well as Fortuna Bay, Gold Harbour and Larsen Harbour. Moving on from South Georgia, across the Scotia Sea, the boat heads towards the South Orkney Islands, but landing is possible only if the weather permits. It's highly windy and overcast here most of the time but that is part of the island's appeal. Next, visit Elephant Island, on the north-eastern frontier of the South Shetlands, where 22 men from Shackleton's Endurance expedition were stranded for four months. From there, it's back to the Antarctic Peninsula, before heading to Ushuaia through the Drake Passage. This popular and highly enriching journey is touted as the 'Explorers' Antarctica' by cruise companies and tourists as the route includes historic hotspots from the 'Heroic Age' of polar exploration.

The Ross Sea Route

The route: Christchurch—Southern Ocean—Macquarie Island—

Left: Robert Scott's Discovery Hut; **Far left:** A humpback whale jumping out of the water; **Below:** Visitors use zodiacs to sightsee locally

Campbell Island—Auckland Islands — Ross Sea—Christchurch
Duration: Approximately 4 weeks.
Tour operator: Quark Expeditions
Price: $35,000 (₹15.8 lakh) per head

The itinerary on this trip changes almost day-to-day, depending on the weather. You start from Christchurch in New Zealand in an icebreaker (ship designed to navigate frozen waters) or an ice-strengthened vessel and sail through New Zealand's Sub-Antarctic islands (Macquarie, Campbell and Auckland islands) all the way to the Ross Ice Shelf—the region aptly called the 'Gateway to the South Pole'. En route, the ship stops at Cape Adare, the north-eastern most peninsula in Victoria Land, which houses Antarctica's first base camps and the largest rookery of adélie penguins. At Ross Island, visit Robert Scott's Discovery Hut and his Terra Nova Hut on Cape Evans, as well as Shackleton's hut at Cape Royds. Tourists can also visit New Zealand's Scott Base and the US McMurdo Station, built on the southern end of Ross Island. With a summer population of about 1,100 people, McMurdo is Antarctica's largest base and looks like a tiny town, complete with a hospital, church, fire department, post office, ATM and even a video store. Some ships have helicopters onboard to transfer tourists to inaccessible areas like the Dry Valleys—a row of snow-free valleys in Antarctica located in Victoria Land, and over the Ross Ice Shelf. Being a longer and more difficult journey that involves navigating the ice-choked and perilous regions of Antarctica, this cruise is an expensive and arduous one and is undertaken by only a handful of cruise companies in the world. Only people with prior experience in polar travel are advised to sign up for it. Russia-based Quark Expeditions specialises in Ross Sea trips; there are no Indian players operating on this line.

Whatever be your route of choice, Antarctica is simply spectacular with one of the most fascinating natural settings in the world. ■

Since Antarctica's key appeal lies in its isolation and edgy vibe of managed danger, make sure the vessel you choose carries less than 200 passengers

Hopping Segments

A budget carmaker tries its hand at luxury while a luxury carmaker goes the other way. Welcome to the genre-hopping world of Maruti Suzuki and Toyota.

BY VIKRANT SINGH

MARUTI KIZASHI

Engine :	2393cc
Max power :	178bhp@6500rpm
Max torque :	230Nm@4000rpm
Gearbox :	6-speed manual
0-100kmph :	7.8 seconds
Top speed :	215kmph
Price :	₹16.5 lakh (ex-showroom)

It's not easy to shatter stereotypes, but both Maruti Suzuki and Toyota seem set to do it with a vengeance, with the Kizashi and Etios respectively. But, how well have they done? Lately, I have been spending a lot of time driving the Mercedes-Benz E-class, a car meant for the truly rich and influential. It's also a car which, in my current job and financial situation, I cannot even dream of owning. This fact is well understood by my neighbours, friends and family, and in fact everybody who sees me drive the car. However, that hasn't stopped me from behaving as if I do. I dress better now. I shave regularly and, even if it's just a run to the local grocer, I make it a point to be perfectly presentable. And that, dear reader, is the power of a luxury brand; it just brings out the best in you! It truly is a way of life.

So, when Maruti Suzuki, known only for its small cars meant for the middle class, forayed into the luxury arena with the Kizashi, a lot of eyebrows were raised. Needless to say, it's not really taken the market by storm. You see, we love stereotypes. We love to classify things and can't seem to accept (readily at least) an anomaly to our labeling. Then there's the doubt—would I get the same stares and appreciate nods driving an expensive Maruti, as I would a Honda Accord or a Skoda Superb? After all, I can buy these for only a little more money.

But Maruti isn't the only 'middle-class' car maker to have tried a hand at the luxury segment. Hyundai too attempted it some years back and not just with one but three models. It launched the entry-level luxury Sonata saloon,

TOYOTA ETIOS

Engine :	1496cc
Max power :	90bhp@5600rpm
Max torque :	132Nm@3000rpm
Gearbox :	5-speed manual
0-100kmph :	11.5 seconds
Top speed :	180kmph
Price :	₹6.8 lakh (ex-showroom)

along with an entry-level SUV, the Tucson and a high-end off-roader called the Terrecan. Neither sold well.

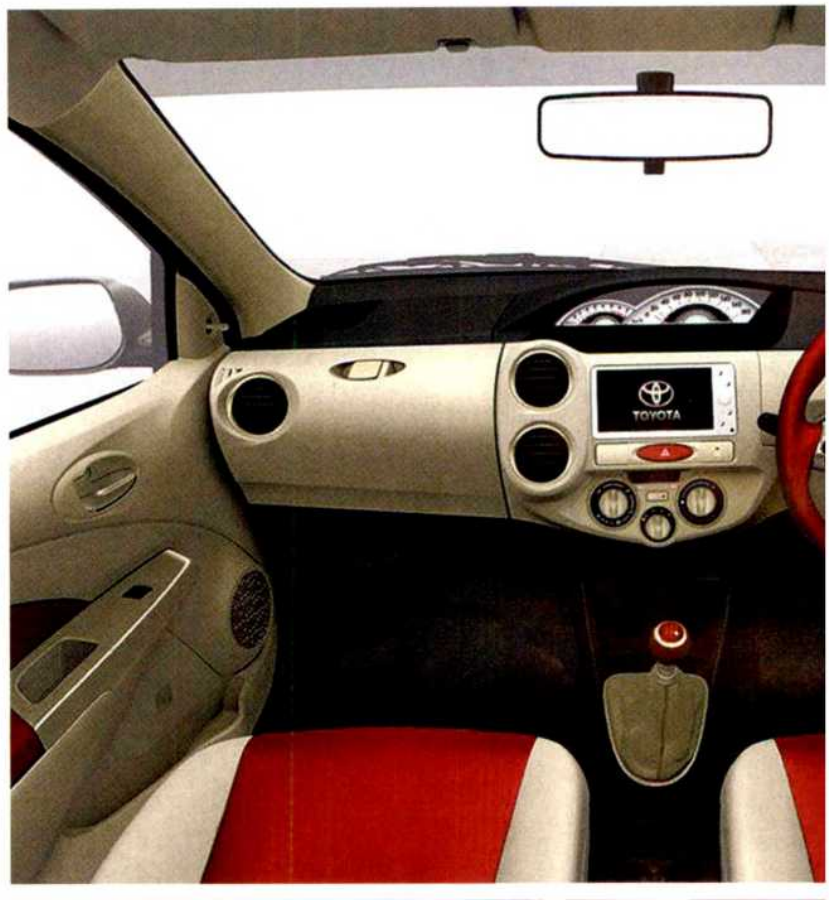
The Toyota Etios owner, yet another variance, will have none of the doubts associated with the Kizashi. Toyota is seen as a brand that borders on luxury. More importantly, it's a brand that stands for quality, reliability and infallible fit and finish. So, when Toyota launched the Etios, an entry-level sedan that goes head to head up against the Swift Dzire, the buying public wasn't skeptical even though it was a huge step down from its current range of cars.

In fact, the public saw it as a great opportunity to step into the world of snob without having to break the bank. Expectedly, it had record bookings in its first week of sale. Another Japanese carmaker, Honda attempted the same feat by launching the Jazz, a hatchback. However, it tasted limited success thanks mainly to its high price tag. I mean, you could still buy a sedan for much less money!

So, it's quite clear, when it comes to increasing sales, stepping down is always easier than moving up the ladder, given, of course, you get the price right. The question that beckons however is how well have Maruti Suzuki and Toyota played their cards with regards to their respective products.

First the Kizashi. With its aggressive styling, its large wheels and a bold front, the Kizashi screams for attention. It's also very modern looking and fits the tag of a luxury saloon quite well. Inside too, the design is appealing and the sort of equipment it comes with—the 10-way adjustable electric seat for the driver, 2-zone climate control, a high-end stereo, keyless entry and start, and of course, 6 airbags, ABS and even ESP—it shames a few steeper priced saloons when it comes to pampering its occupants. In this regard, the Kizashi definitely makes the grade.

It also has a large 2.4-litre engine as well as the option of an automatic gearbox. On top of that, the car has a ride and handling package that's both com-



Clockwise from above: The Toyota Etios comes with a large and handy boot; although the finish is plasticky, the Etios offers enough space for a comfortable ride; the Maruti Suzuki Kizashi offers a bold front and aggressive styling; the Kizashi looks great inside and feels just like a luxury saloon.

MARUTI ISN'T THE ONLY 'MIDDLE-CLASS' CAR MAKER TO HAVE TRIED A HAND AT THE LUXURY SEGMENT. HYUNDAI TOO ATTEMPTED IT A FEW YEARS BACK AND NOT JUST WITH ONE BUT THREE MODELS.

fortable over poor roads and stable at high speeds on the highways. What it lacks, though not by much, is space and opulence. If you were to compare the space to a luxury sedan like the Accord, then the Kizashi is limited. Add to that the fact that the quality of plastics and buttons all round fail to exude the sense of richness and opulence you expect in a car in this category. But overall, given the price tag, it is a fantastic attempt at producing a luxury car.

Toyota too has taken the task of producing a cheap car very seriously. One can see the results in every aspect of the car. Dressing down is the mantra here. The Etios looks dated and borders close to being boring. Inside the car, the design, the quality of plastics, the fit and finish and overall feel, is quite simply unlike a Toyota. In fact, it resembles a slightly souped-up Tata Nano at places.

But not all is lost, because when it comes to the engine, the gearbox, the space and the ride, the Etios more than justifies its Toyota tag. Like other Toyota models, the engine is strong and fuel efficient and the gearbox, easy to use. What's more, the amount of space within the car means that it is able to transport its occupants in comfort. It even comes with a usable boot. Moroever, given Toyota's history in India, there's no reason to doubt its reliability either.

Kudos to both Maruti Suzuki and Toyota then, for attempting something that's completely new for both carmakers in India. But of the two, we feel Maruti has certainly done a more thorough and convincing job of hoping segments with the Kizashi than Toyota has managed with the Etios. How either fares in the marketplace is another story altogether. ■

(The author is Associate Editor, Auto Bild India)

Getting Down and Dirty

Twenty-six acres of land on the outskirts of Mumbai has been turned into a dirt track for India's first safety driving school for rally drivers. Innovative programmes and quality teachers make AutoMission a hit.

BY ANAMIKA BUTALIA

The engine starts up noisily, and a gust of mud from the dirt track is thrown up by the screeching tyres and the race begins. It's a scene straight out of a movie or a YouTube video, one of those races that make your adrenaline pump. When you witness a rally on a dirt track, the excitement of the crowd and the racers is palpable. It can be experienced first-hand, in India, at AutoMission Motorsports, the perfect destination for motor sport enthusiasts.

Situated on the Mumbai-Pune Expressway and four kilometers from Khopoli on the old NH4, one would never have imagined that around these hillocks lie 26 acres of almost-flat land. It is home to a noisy dirt track with a number of rally cars, a cafeteria, a racing library, and an instruction centre.

"Tapping an unexplored market within India is as much a challenge as it is an opportunity," says Pradeep Nair, one of three partners at AutoMission. The minds behind the company are Pradeep Nair, a veteran rally driver, Ashok Oza, co-driver and sponsor of the esteemed Himalayan Rally Team, and Bill Gwynne of Bill Gwynne RallySchool UK, who has been a rally driving instructor for over three decades now.

Rally drivers come visiting ever so often to enjoy a drive in AutoMission's fully-prepared cars that are FIA (Fédération Internationale de l'Automobile) compliant and are equipped with parts like tuned engines, adjustable upgraded suspension and brakes, limited-slip differentials, rally seats, five-point safety belts, fire extinguishers, roll-cage and cut-off switches.The school is an attempt to pioneer high-quality education with modern, state-of-the-art teaching techniques and along with classroom computer simulations and testing equipment.

The place is a tad steep on the pocket, with a single-day training on the dirt track and classroom sessions costing ₹10,000; but the partners say that the kind of training that AutoMission provides is worth the investment. In addition, AutoMission has also brought in a traffic safety analyst and a training manual expert to standardise the course.

The magic words at this school are 'car control'. To that end, instructors from British Rally & AuroCross champions will be flown to India for courses on cruise control focusing on safety on Indian roads. Nair says, "India needed a dirt track desperately. Now, there will be lesser number of illegal drag races for lack of a better venue."

AutoMission has been hosting rallies regularly since it began in January 2011 and is entering into partnerships with various players in the rally driving industry. While there are high capital costs, the founders are hoping to be leaders in providing low-cost training. ■

ILLUSTRATION BY SACHIN RUHIL

Devotié

men's jewelry & accessaries

Devotié opens it's 5th store at Bandra. Located on the hip-and-happening Turner Road, and open all 365 days from 11:00 AM to 8:00 PM, this place is frequented by filmstars and the glitterati.

India's pioneering manufacturer of men's jewelry and accessories, their range (comprising five hundred models across ten categories) is probably the largest in the world. Featuring exotic materials such as carbon-fibre, onyx, mother-of-pearl, paua and diamonds on a base of surgical steel, their stunning designs make a huge style-statement and perfectly complement the lifestyle of the rich and famous.

Bracelets, pendants, cuff-links, ear-studs, rings, money-clips, pens, watches, key-chains, card-holders, leather goods . . . . . everything that a man needs or desires; it's all here.
Shop Online at www.devotie.us

Wrap this up: Elegant packing. Ready for gifting. To yourself. To your loved one.

At Devotié,

- A.N. Chambers, Turner Road, Bandra (W). Tel.: 2640-7392.
- 2006, Panchratna, Opera House, Mumbai – 400004. Tel – 23640322
- CR2, Inox, Nariman Point, Mumbai - 400021
- T-23, R City mall, 3rd floor, LBS Marg, Ghatkopar(W), Mumbai 400086
- The Taj Blue Diamond, Pune. T – (020) 26052344

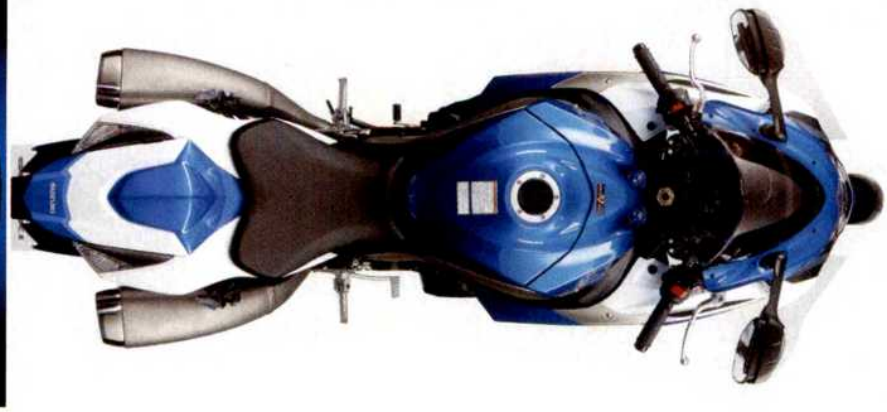
ETERNITY AQUA

TERNITY AQUA is inspired by the freshness of the ocean and elegance of a confi-
ent, refined man.

TERNITY AQUA is a modern aquatic woody fragrance that leaves a lasting im-
ession with a watery surge of chilled cucumber. The heart reflects the timeless
egance of lavender and draws you in with the warmth of sandalwood. Drenched
een leaves run throughout the fragrance adding an aquatic depth.

Causal elegance, the refined side of the ETERNITY man
Self assured and masculine
Easy confidence and effortless charm...

Confident, Sophisticated, Relaxed fragrance



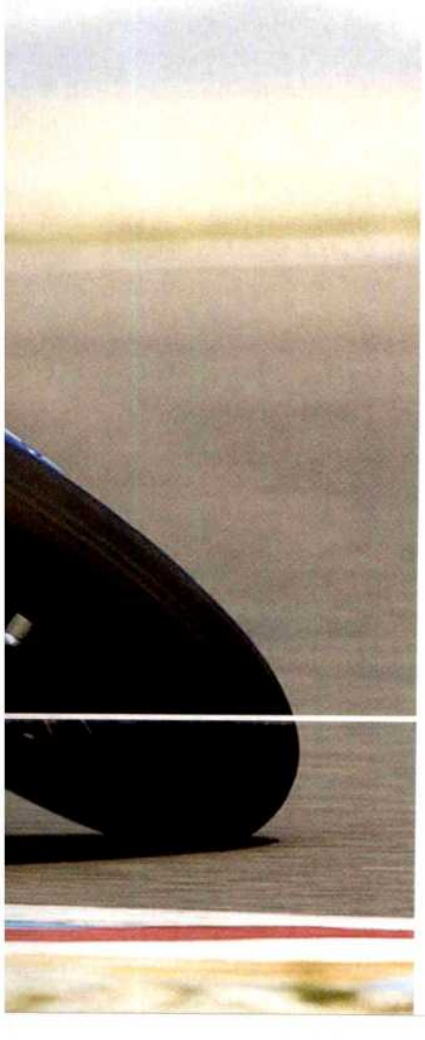
The Art of Balance

The Suzuki GSX-R1000 is a beauty that balances its performance to accommodate both new and experienced riders.

BY VIKRANT SINGH

SPECS

ENGINE: 999cc
MAX POWER: 191 bhp @12,000 rpm
MAX TORQUE: 118 Nm @10,000 rpm
GEARBOX: 6-speed
CHASSIS: Twin spar diamond frame
WHEEBASE: 1405 mm
LxWxH: 2045x720x1130 mm
KERB WEIGHT: 205 kg
FUEL TANK: 17.5 litres



The moment the new Suzuki GSX R-1000 rolled into our garage, there was no doubt in my mind that this was the best 'show off' superbike one can buy (apart from the gorgeous and stratospherically priced Ducati 1198). Viewing the bike in its traditional Suzuki blue-and-white livery (it also comes in black), highlights every sexy cut and edge.

My heart almost stopped the first time I whacked open the throttle. The GSX isn't a gentle beast like the relatively sedate Honda Fireblade, and you get a hint of that when you first mount it. The handlebars are set really low and the seat feels high. The footpegs are pretty high-set even though these are well placed on the X-axis. Overall the bike has demanding ergonomics .

The engine though fires up without drama; it has the typical four cylinder starting sound followed by a hum that misses a beat once in a while as it idles in anticipation. Slot into first and begin rolling and suddenly, the GSX feels very alive indeed. One might be pottering about in 6th gear with the revs barely above 3000rpm, but get too excited with the throttle and it simply lurches ahead with an impressive engine snarl.

As the engine revs keep piling, the world turns into a blur, and more often than not one ends up looking skywards, if one is man enough to hold the throttle at full clip, that is. With such manic acceleration we were however on the brake more often than the throttle, and the front brake itself was quite a revelation. There's so much bite, feel and progression, it really needs to be felt to be believed.

The most intoxicating bit about the GSX, as you'd expect, is its handling. When riding fast in a straight line, one does need some effort to get the motorcycle to change lanes in a hurry. But, around a bend it magically transforms into a lighter, much easier bike that seems to read your mind! The turn inwards is precise and predictable, and it goes about attacking corners like a point and shoot. The beautiful bit is, the GSX also changes lines mid corner without complaint; it's ideal if you regularly make the mistake of spotting the apex late and need to tighten your line.

The seating position, cumbersome in a straight line and in traffic, feels a lot more natural around corners; it feels as if one is sitting inside the bike than on it. The seating also allows you to hang on to the bike in any which way you desire, accommodating your natural riding style instead of expecting the perfect technique.

Most superbikes are bought for showing off and get the heart racing both in a straight line and around bends. The GSX R-1000 is perfect for both. But what's special about the GSXis its ability to accommodate a range of riders. Thanks to its drive mode selector, S-DMS, it is well suited for new riders as well as for veterans. It is one superbike you can grow with; one that will never cease to satisfy. ■

(The author is Associate Editor, Auto Bild India)

Tune in, Tone up, SWEAT OUT!

Swinging to African drum beats, walking like Scandinavians or just imitating a monkey; when it comes to workouts quirky is the buzzword. Fight the blues of bad health and get in the pink with some interesting exercises.

BY R PALLAVI

The meaning of health varies across civilisations; what was physical strength for the fighting Spartans, became a religious philosophy for the Indian yogis. Underlining each cultural approach to wellbeing is the basic human quest for survival. The Darwinian school of thought held adaptability to change as more important for survival than strength and intelligence. Keeping this is mind, it's high time that more people took up exercise regimes that suit their modern lifestyles—those buzzing with cell phones and emails at one moment and drained with helpless boredom on the next. Here's a dekko into some fun ways to keep fit:

NORDIC WALKING

Nature sets the path and culture follows suit. If long and extreme Scandinavian winters brought Nordic life to a standstill, they developed skis to make their way through the snow. The tradition of walking with nordic poles owes its origin to cross-country Finnish skiers in the 1930s who accidently discovered their benefits while using them for practice in off seasons.

Equipment: A pair of nordic walking poles with removable rubber tips for use on hard surfaces and hardened metal ones for trailing over beach sand and snow; a pair of snow shoes. **Technique:** To augment the arm's swings, make sure the poles are held close to the body and point diagonally backwards all the time.When the leading foot strikes the ground, the opposite arm should swing forward to waist length, so that the opposite pole strikes the ground level along with the heel of the opposite foot. To gain maximum control of each stride, push the pole back to the furthest possible point and straighten the arm to form a continuous line with a fully extended arm. On tough terrain begin with a 30-minute-long walk and on a flat surface or gentle slope increase

Aqua Jogging in a shallow pool; **Left:** Nordic walking on greens

DIET DO'S AND DONT'S

Renowned nutritionist **Naini Setalvad** offers advice on dietary complements for your workouts.

1. Drink ample water before, during and after exercise because dehydration can cause fatigue, muscular aches and injuries.

2. Eat at least two to three fruits a day and five servings of vegetables as this will detoxify your body and provide vitamins and minerals essential for your muscles.

3. Pre-workout snacks like fruits and dry fruits will give you the instant energy you require.

4. Post-workout snacks like low-fat yogurt with a cut banana/fruit or a slice of whole grain toast with one teaspoon of peanut butter, will replenish your energy stores and provide your muscles with nutrients to repair. But before eating, drink water to hydrate.

5. Stay away from sugary and junk foods since these make your body work harder to digest food and rob you of essential vitamins.

6. Stay away from energy/sports drinks. These only cater to high intensity athletic workouts of three to four hours a day.

7. Make sure you eat two servings of quality protein (pulses, egg whites, low fat dairy, lean chicken or fish), but an excessive intake can cause kidney damage.

the duration to an hour or more.

Benefit: Known as 'moving meditation', it familiarises you with the body's internal balance (breath and pulse rate) and boosts cardio-vascular strength.

AQUA JOGGING

Divinity is rooted in functionality. The absolute indispensability of the elements makes them sacred. Water, with its detoxifying and restorative properties has spiritual connotations. Drawing on these beneficial properties of water is aquatic jogging.

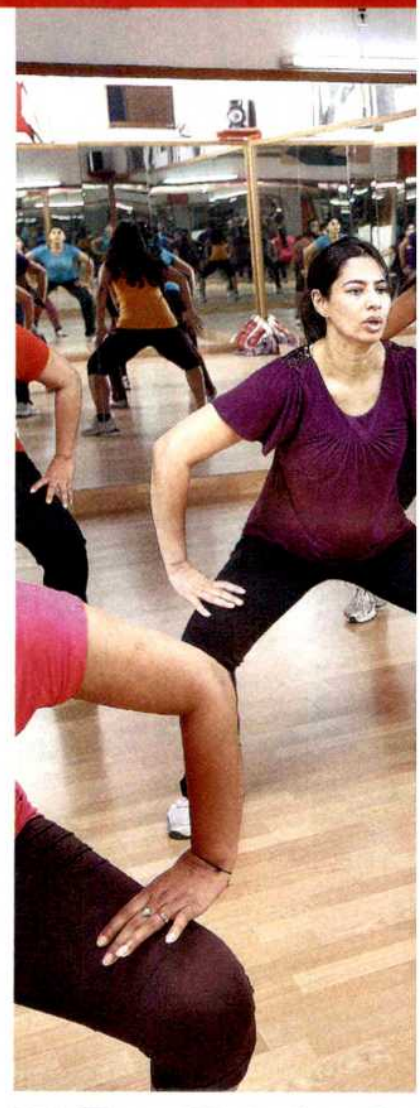
Equipment: A floatation padding for enhancing stability till you master the technique, a tether to keep you close to the wall and water shoes and dumb bells for resistance.

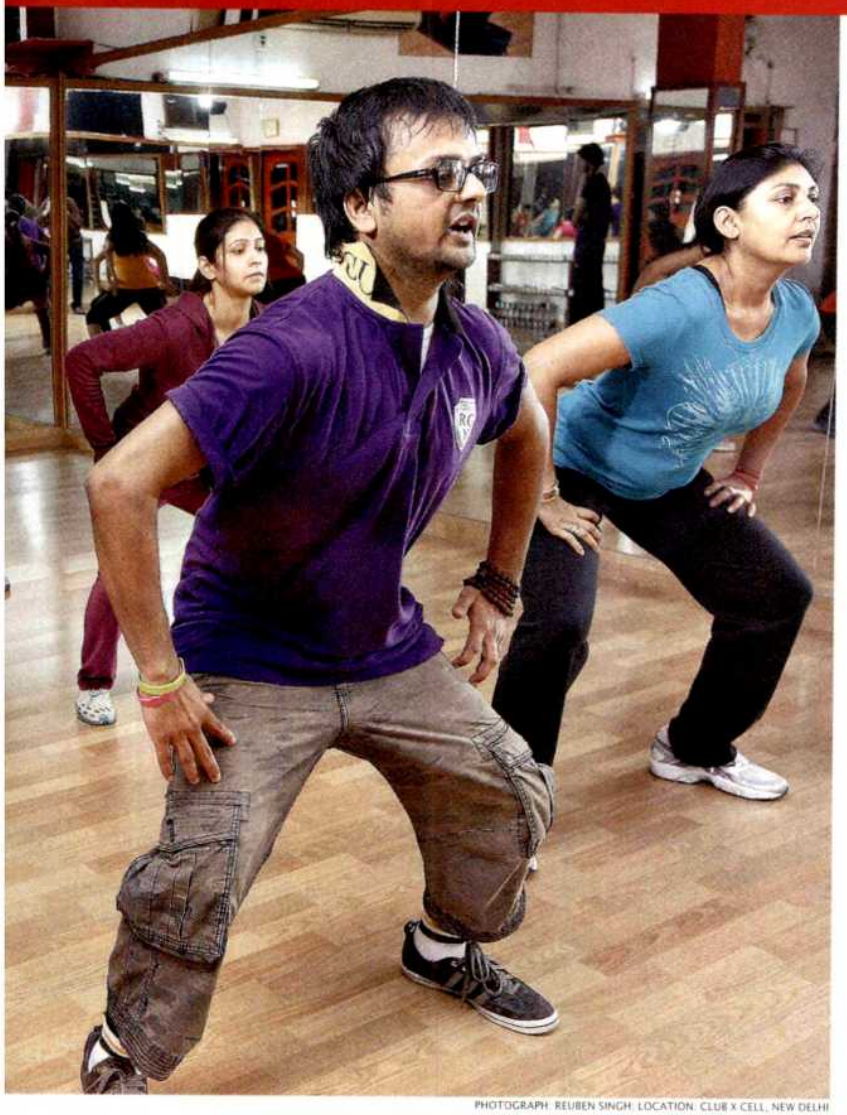
Technique: After a gentle warm up swim in the pool for 2 – 3 minutes, head to the deep end and simulate your normal running style. Avoid leaning forward or hunching over and keep your body straight with shoulders thrown back, torso high and head facing forward. Make a loose fist and with a 90 degree arm movement forward and backward from the shoulder, start running. This posture will support your upper body while your lower body is moving. Your legs need to be bent and pulled actively; a stride of 76 to 80 cycles per minute should do the trick. Do a 20 minute moderate paced jog or one minute of intense jogging followed by 30 seconds of easy movements.

Benefit: It strengthens the cardio-vascular system and is safe for those with injured joints and ligaments.

CYCLING AND YOGA:

Modernity thrives on hybridisation. Little wonder then, that ancient exercises like tai chi and yoga are rubbing shoulders with boxing and circuit training in modern gyms across the world. Bearing testimony to this is the cycling and yoga workout which fuses a yogic calm with strenous athleticism.





PHOTOGRAPH: REUBEN SINGH; LOCATION: CLUB X CELL, NEW DELHI

Top: A Zumba workout class; **Left:** Indoor cycling at moderate speed

Technique:
A 10 minute yoga flow of stretching exercises to energise the muscles and warm up the joints. This should include the Intense Forward Bend or *Uttansana*. For one minute, exhale and stand upright and bend forward from the waist keeping the legs taut and body weight equal on both feet. The Downward Dog or *Adhomukha Svanasana* – for 30-60 seconds, lie face down with palms by the chest. Exhale and raise the trunk upwards and straighten the arms to move the head towards the floor keeping the heels flat on the ground. The Upward Dog or *Urdhvamukha Svanasana* – for 30 seconds, lie face down with feet flat and palms by the waist. Inhale and raise the head and trunk, pushing back on the flexed legs without lowering the knees to the floor. Follow this with a 40-minute session at a moderate speed of about 12 – 14 miles per hour on a stationed cycle. After this, repeat the initial 10-minute yoga flow..
Benefit: Besides developing muscles and burning calories, it calms the hamstrings, spine, back and legs.

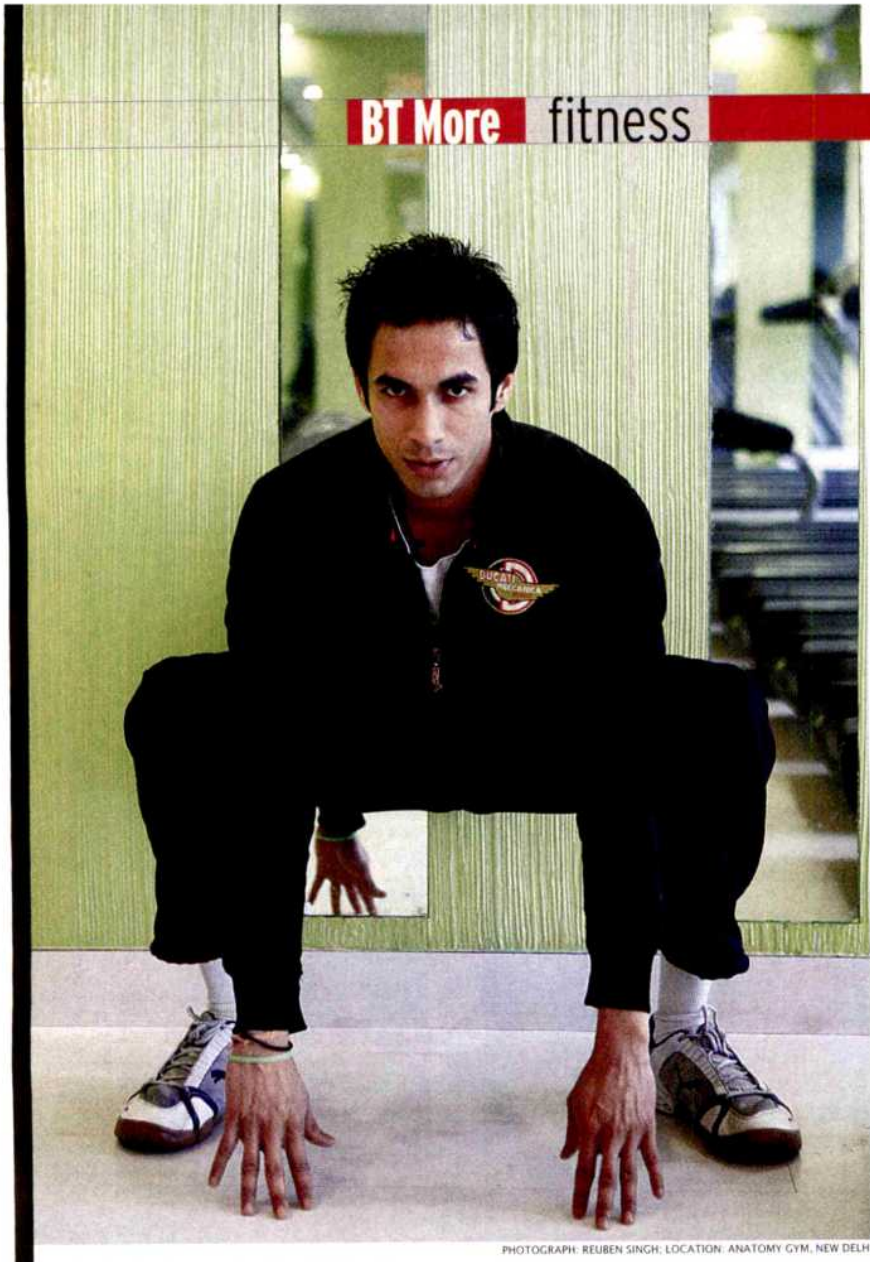
ZUMBA DANCING

In tribal cultures across Africa, community dancing was a source of harmony. In the 16th century, African slaves in South America made drums from the material that was available and in their free time, grooved to the music symbolic of their native culture.
Equipment: The Zumba Fitness DVD developed by Colombian choreographer Beto Perez
Technique: This is approximately a 60-minute program that incorporates footwork and body movements from Latin dances like Mambo, Cha-Cha, Calypso, Meringue, Flamenco and Salsa. Your legs need to be pumped up and arms lunged side to side like a windmill. Then shake your hips intensely and clap hands, while dipping, sliding and spinning. This is a sprint interval workout which means it is intended to improve resistance with short intense training sessions.
Benefit: Besides burning about 600 to 1000 calories in a single class, the dance tones up the muscles of your legs, arms and abdomen.

> The Zumba combines a dance derived from Latin music, with aerobics. It is a fun and easy workout and helps you burn up to 1000 calories in a single class of about one hour

CONSOLE WORKOUT

Technology never sits back and takes blame; it competes with itself and proves you wrong, each and every time. Just when the world was buzzing with debates about gadgets compelling people to laze around indoors, Ninetendo brought out the Wii and created the motion gaming workout. The latest craze is the controller-free Kinect which justifiably brings home the thrill of the outdoors with its unique body tracking system.
Equipment: Kinect 360 console
Technique: Outfitted with a 3D camera that works on real time motion capture, the console's sensors will scan your body into the game.



PHOTOGRAPH: REUBEN SINGH; LOCATION: ANATOMY GYM, NEW DELHI

Left: A fitness trainer squatting before the monkey jump

After assessing your stats through a series of questions, you will be given workouts tailored to suit to your needs. The personal training option helps you to choose exercises ranging from simple stretching to full length cardio, with daily monitoring of calories burnt along with specific personal goals. Interestingly, it also offers gender-specific workouts like the 'Skinny Jeans' for women and the 'Sleeve Busting Arms' for men.

Benefit: Since your workout time is monitored, there are less chances of over or under exertion.

MONKEY JUMP

In oriental cultures, the monkey is a sacred totem hailed for its skills as warrior and defender. If the Indian defensive arts emphasise this through the deity *Hanuman*, the Chinese build on the animal's agility through Monkey Kung Fu and Tai Chi Monkey martial arts. Inspired by the limber physical disposition of the species, the Monkey Jump is suited for those with agile and flexible bodies and is avoidable for those with spine and bone related impediments.

Technique: On a soft surface like grass or a gym mat, you need to squat and drop your centre of gravity to between your heels, in a position that resembles the low, crouching posture of a monkey. With hands touching the floor, toes pointing outwards and body and head erect, lean your body slightly forward. When you go for the jump, slowly thrust your body upwards pushing your shoulders and head up till your legs straighten completely. Just after the jump when your feet clear the ground, pull knees to the chest and let them go back down to meet the floor. This will in turn cushion the landing.

Benefit: It strengthens leg muscles and enhances limb mobility.

So, now you know what you need to do to achieve peak fitness. ■

DOCTOR'S NOTE

Senior Orthopedic Surgeon Dr P S Gill informs us on the things to keep in mind before taking up a new workout:

1. **Stretching is crucial.** A warm up of stretching before the workout raises internal body temperature and enhances flexibility of muscles, a similar cool off later brings heart rate and breathing back to normal.

2. **Moderation in key.** While moderate training heightens immune functions, a period of exhaustive exercise severely blunts the body's first line defense against infection. Also, workout durations should gradually increase as your body needs time to adapt.

3. **Don't over-exert.** An increase in training should correspond with an increase in relaxation. Signs of fatigue need to be monitored daily and minor injuries should be treated before they build up.

4. **Assess your health.** Medical problems can be either cured or aggravated with exercise. While moderate aerobics lowers heart risk and yoga breathing benefits asthmatics, rigorous exercising may augment any kind of back, spine and joint pain.

CANALI

SPRING SUMMER COLLECTION 2011

The Spring Summer 2011 collection features formal wear that is modern, distinctive and highly evolved, alongside creations for leisure time which are energetic and elegantly dynamic.

These finely tailored garments, unfailingly made in Italy, reconfirm the tenets and rules that make every article in a man's wardrobe exclusive.

Contemporary designs, fine materials, skillful cutting, excellent tailoring and a flair for innovation continue to be the common denominators that underpin the various Spring Summer 2011 propositions, in a collection that offers an even broader choice, ranging from the formal rigour of the suits and the elegant self-confidence of separate jacket and trouser combinations, to the more décontracté style expressed by the Leisure Collection.

SHIRTS

The finest pure white, patterned or delavé linen plays the leading role in the shirt collection, which also features some unexpectedly "curious" offerings: yarn-dyed chintz-effect poplin, motifs created with fil coupe, prints with 1960s op-art or different designs on each side of the fabric and, strikingly, the shirt tailored from perfumed fabric.

Cotton and silk, cashmere and silk, and the finest 140s pure wool yarns breathe life into knitwear ranging from more classical models to stone-washed items and propositions enhanced by inserts in shirting fabric or pierced Alcantara.

MARECUCINA ALNO

PRESENTS

MARITIME CONCEPT STUDY

A trend study always experiments with possibilities and ideas. This is what Marecucina does, the new maritime kitchen concept from Alno. Nautical shapes, colors and materials invite you to experience the kitchen as an individual room more than ever before – and enjoy some leisure time in your every day life. Marecucina experiments with new style elements and combines them with the demanding quality philosophy which also characterizes ship building. Alno introduced the new concept to the public for the first time at the Eurocucina 2010 in Milan.

Boat and kitchen building have a characteristic common ground: The passion for high quality, precise workmanship and expressive individuality. Marecucina from Alno integrates elements such as sail, mast, ship's storage, walnut surfaces and chrome plated decorative inserts stylishly into your design. Rounded off shapes of cabinets and work tops are reminiscent of an elegant boat pantry and build a bridge between holidays and the everyday. Thereby Marecucina uses two existing Alno components and builds on them: the seemingly free floating cabinets from the program me Edition Fly – and the fronts from the Alno product line Alnostar Highline (white) and Alnostar Natureline (walnut).

With the Edition Fly a special mounting technology ensures safe and easy assembly on the wall. A familiar picture for the skipper - because even on board, wall mounting is the method of choice. The further developed, rounded off cabinets will be supplemented by the fronts of the products Alnostar Highline and Natureline in the Marecucina product range.

Both of them are without a handle, sleek and fit into the overall picture of the concept study. One comes with high shine varnish, the other with warm, real wood veneer in walnut. White and brown are both typical colors on and below deck. However in spite of its maritime theme, Marecucina is not only attractive to passionate boat enthusiasts. The concept study conveys rather a new incentive for the further development of modern living spaces. Both living areas combine to create a whole with Marecucina, which gives expression to the personality of the owner in a creative manner.

SUMMER GEAR

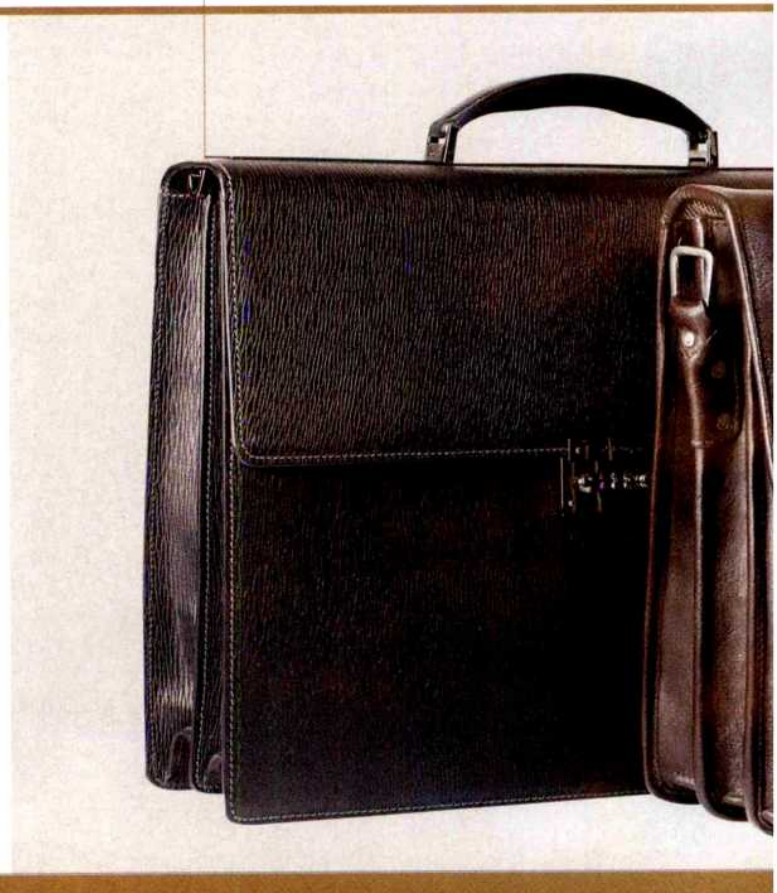
Bags are one of the easiest ways for the man of the moment to accessorise. There are great choices out there too. We bring you some of the best from this season to help you make up your mind.

BY BIBEK BHATTACHARYA

One of the great things about men's fashion is that you can go and accessorise to your heart's content. This summer season while the skies burn up in the blistering sun, turn up the heat with some of the coolest bags you can get your hands on. From serious briefcases to casual slings and the ubiquitous laptop bag, we've got them covered. If you thought that being fussy about the bag you carry is very un-macho, these ones should change your mind. Take your pick.

FERRAGAMO

TOD'S



BAG FROM FERRAGAMO (TOP)
A handy bag from the great leather makers sets the tone with understated class. It looks great too.

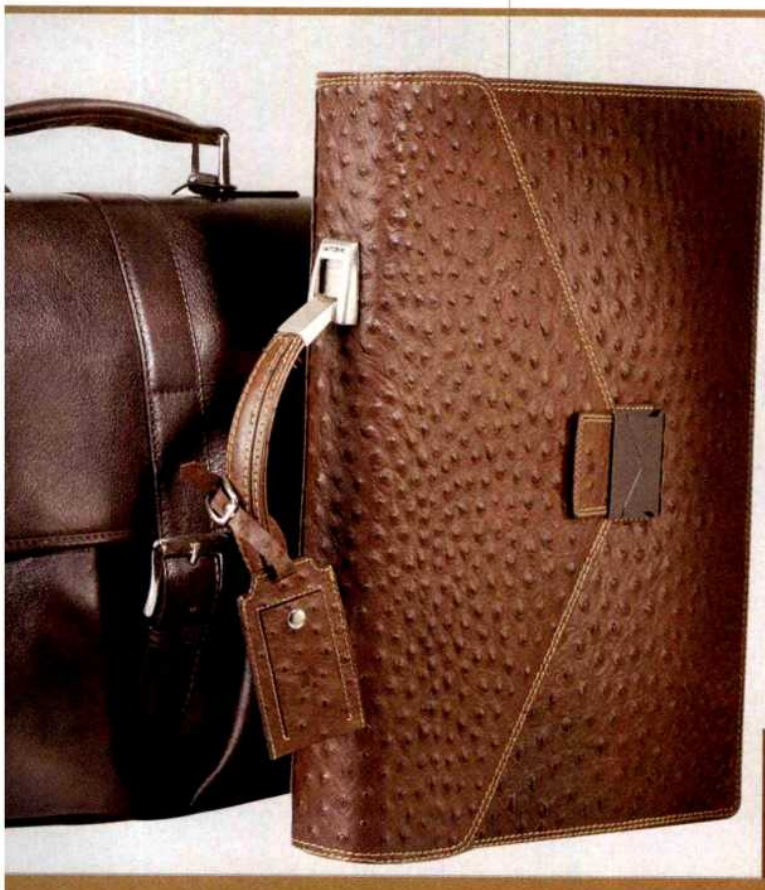
BAG FROM DUNHILL (ABOVE)
A bag that looks this good should be enough, but it is extremely spacious too. Quite perfect for a business trip.

PLAY

The bags you wear once you're done with work are as important as the bags that you take to office. You don't need your files, and your laptop, and your palm-top or your iPod. But you do need your music and a little city map and who-knows-what else. For all of that you have these little sling bags. You could even take them to work!

WORK

When it comes to a bag for work, a firm 'no' is in order for all the unsuspecting gents who like to carry a backpack. All those excuses about having too many gadgets to fit in will just not wash. There's plenty space in even the humblest of briefcases, and the best ones- like the ones on the left- have hidden recesses that you'd be amazed to find. So, take your pick from a classic black briefcase from **Ferragamo**; or an equally classic laptop bag from **Tod's**; or the slightly flashy, but extremely tasteful textured bag from **Dunhill**. You know they're quality, and when you carry them to work instead of the usual backpack, you'll be quality too. What's more, if work doesn't allow you time to change for a party all of these bags will be perfectly presentable in decidedly casual surroundings. Get them now!



CREDITS
PHOTOS: SAPTARSHI BISWAS
STYLIST: HASSAN RAZA KHAN

Track and Wield

Check the desirability quotien

Zenith's Christophe Colomb
Paying an ode to the exploratory quest of Christopher Columbas, this ultra complex model aims at superior endurance and stability. It is hand-wound and has a 50-hour power reserve features a gyroscopic system which is placed in a bubble at 6'o clock. This escapement is complex with 166 components and ensures perfect horizontal positioning of the regulating organ, however much you move your wrist. It is studded with 45 jewels and features a 25 carat gold triple folding clasp. Its 45 mm diameter case comes in a choice of white, rose or yellow gold and is fitted with cambered glare proof crystals on both sides.
Price: On Request

Living Liquidz' Mokssh Wines
A burgeoning wine culture in India is boosting domestic wine production. Made at a winery in Nashik with grapes sourced from vineyards in the same region, Mokssh wines are present in varietals of Blush, Syrah, Cabernet Sauvignon, Chenin Blanc, Sauvignon Blanc and Chardonnay. While the Blush goes well with vegetarian fare, the Syrah complements red meat; the Chenin Blanc is best savoured with white pastas, fish and salads.
Price range ₹474 to ₹690

Sony Vaio YB Series
In a boring black world of gadgets and wires, multi-hued Sony Vaio laptops have always been a visual delight. This new collection features pink, silver and green computers with the latest Vision Technology from 1.6-GHz AMD making it easier to enjoy smooth HD contents playback, faster internet and finer online gaming experience. It comes with an 11.6" display (1366x768 pixels) for convenient viewing, an isolatior keyboard for accurate typing and an ergonomic touchpad for precision gestural control. An 8 GB RAM expandable memory makes data storage swift and a 3500 mAh battery gives up to 6 hours of battery life.
Price: ₹26,990

Arturo Fuente Opus X Cigars

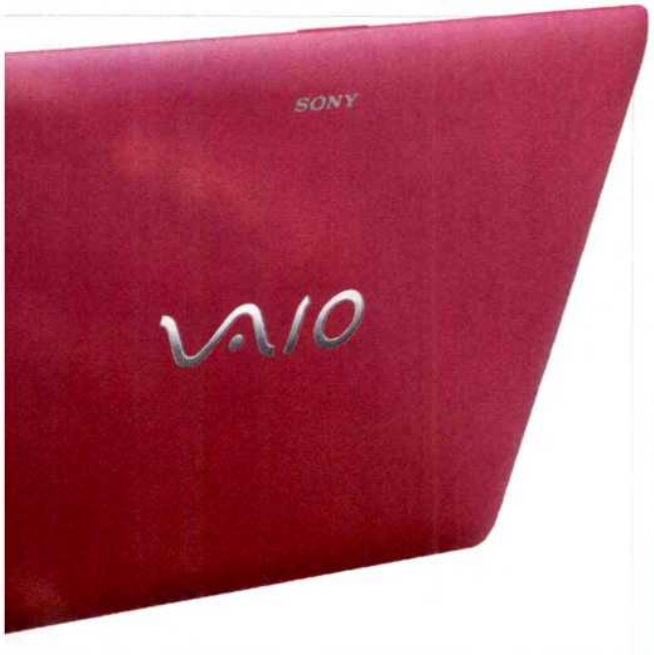
Celebrating the legacy Sr Artuno Fuente founded in 1912, these cigars use fillers, binders and wrappers made exclusively in the Dominican Republic. Recently launched in India, the cigars on offer include the OpusX Double Corona with notes of leather, black pepper and a faint hint of chocolate; the OpusX Robusto with notes of leather, oak, spice, caramel and coffee and the OpusX Super Belicoso which is a medium bodied combination of creamy smooth wood, tobacco and nuts.

Price Range: ₹1,750 to ₹2,700

Motorola's DEFY SmartPhone

Resistant to the gadget world's biggest adversaries - water and dust, this Android2.1 powered handheld offers a pinch to zoom option for advanced navigation. It supports the Digital Living Network Alliance (DLNA) which makes streaming, storing and sharing content with HDTVs, game consoles and PCs a breeze. With a 32 GB expandable memory and a 5MP Camera with 400 hour stand by time, more is less!

Price: ₹21,990



Totem Acoustics' Sub Woofer

This anti-resonant sub woofer speaker is dedicated to enhancing bass sound. It features two active 8" long throw woofers and an outboard 500 WATT amplifier for superior music speed and clarity. Less than 4" deep, these speakers are ultra flexible and can be used to horizontally, vertically, straight and flat. You can mount them on the wall, tuck them under the couch or position them with the self supporting pedestal.

Price: On Request

Pioneer's Multimedia Receiver
If you thought there's nothing more to City driving than losing patience over prolonged traffic jams, you may be wrong. Pioneer Audio's AVH P4390 will turn your drag drives into musical journeys. It is compatible with CDs, DVDs, SD Cards, USB Drives, along with iPods and iPhones. It fe atures Dual Zone Video and is. Its 7" touch display can be used as a digital photo frame even when the music is on. With multiple display sizes, a Dual Zone video and an 8 Band Graphic EQ, the in-car receiver offers diverse viewing options. What's more, an Auto EQ Sonic Central control makes it easy to operate.
Price: ₹24,990

ETRO's Spring/Summer Collection
Paisley, the vegetable motif of Indian and Persian origin is famous for adding a creative dimension in apparel through multiple colours and eccentric designs. Etro's new collection does reasonable justice to this with these casual loafers. Set in citrus colours, these have suede uppers, rubber soles and intricately detailed tassels and laces.
Price: ₹18,000 onwards

Obsessions Exclusif's Shaggy Rugs
Inspired by meditation mats of Buddhist and Hindu monks, shag rugs were a hot favourite with the hippies of the 70s. Today, they complement any sophisticated and tasteful décor. Intricately woven and designed, the collection boasts rugs made from polypropylene, cotton, viscose and polyester and are available in different sizes. While the earthy brown and cream ones look subtle and the pink, green and purple ones lend vibrancy to any ambiance.
Price: ₹3,500 to 18,000

/ictorinox Wheel Backpack

\imed at easing the globetrotter's ›usy life, this Rolling Parthenon Retract wheel backpack boasts an ıircraft-grade aluminum monopole ıandle enhancing portability and a :omfort grip ergonomic leather haul ıandle reducing arm and wrist stress. 'he front :ompartment's padded laptop pod has ›reathable windows for ›xtended battery fe and three inte- ior utility cord ›ockets. In case ›ou don't feel like lragging it around, ıst recess the ıandle and wheels nto the bag and ıse the shoulder :trap instead.

rice: ₹20,660

Reebok's Zig Bat

In a country where Cricket is nothing short of a religion, such innovations are eagerly anticipated. Inspired by the zig zag shape, the zig technology aims at conserve energy. Earlier used in making shoes with a zig zag base, the technology now enriches light weight and easy to carry bats. The springs placed in the bat will put in maximum energy and stability in your energetic pull shots and gentle sweeps and drives across the field, keeping you away from the pavilion for maximum overs.

Price: ₹1,999 to ₹11,999

'iaget's Ultra Thin Tourbillon

n today's world, each creation remains incomplete vithout its 'lean and mean' advanced version. Bearing estimony to this is the Emperador Coussin Tourbillon vhich draws on qualities of the company's previous ultra thin nodels.

\ mere 10.4 mm in thickness, this watch is the slimmest self vinding tourbillon in the market. It has a mechanical self-winding tourbillon movement of 21,600 vibrations/ hour and a power eserve of approximately 40 hours. An 18 carat white gold vatch, it is studded with 35 jewels and a gold micro rotor off entred at 10 o'clock. The black alligator leather strap with an 18 arat gold folding clasp further plays out its grace.

rice on request

VAT 69 Gift Pack

A favourite with the bad boys of yesteryear Bollywood flicks, VAT 69 blended whisky is now available in a red and black gift pack which adorns its logo. Conceptualised by British designer Diageo Gordon Smith, this neat and suave pack makes a great gift.

Price: ₹1,516

"There are different kinds of love, but they all have the same aim. Possession."

MY STUFF

ATEET GAUR

M.D., TaylorMade, South East Asia

FOOD AND DRINK

Beverage: Lemon Tea
Spirit: Carlsberg Beer
Cocktail: Bloody Mary
Restaurant: Bukhara at Maurya Sheraton, New Delhi

HOME ESSENTIALS

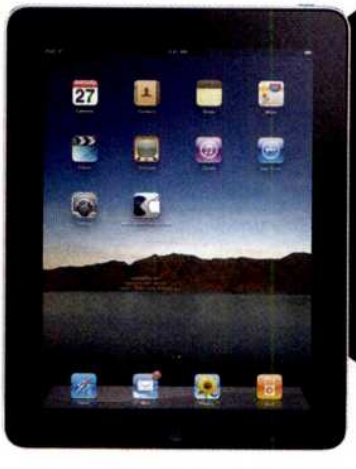
Where I live: Gurgaon
Car: Toyota Innova
Dinner set: Corelle
TV: LG Jazz; Panasonic LCD
Stereo: Sony
Table stand book: None
Pet: None

GROOMING

Moisturiser: John Varvatos, Dove
Perfume: Burberry Brit
Hairdresser: Cizors in Gurgaon
Shoes: Gucci formals, Adidas golf shoes
Suits: Reid & Taylor; Notting Hill
T-Shirts: Ashworth, TaylorMade
Shirts: Allen Solly, Arrow
Shower gel: Annemarie Borlind
Sneakers: Adidas

MEDIA

Daily paper: Times Of India
TV news: NDTV; NDTV Profit
Magazines: Business Today; Golf Digest
Websites: Google; LinkedIn



GADGETS

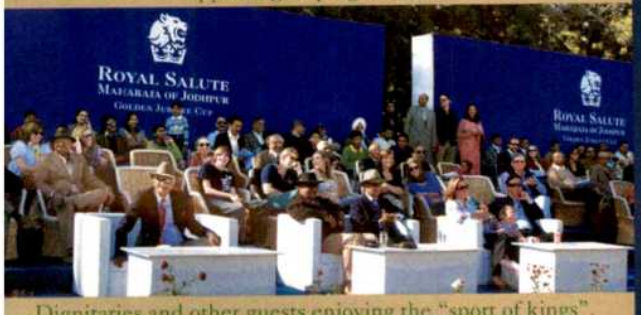
Handheld: Blackberry
Laptop: Sony Vaio
Tablet PC: iPad
Laptop bag: Adidas;
Watch: Tag Heuer Formula 1

The dust of time swirls as thundering hearts applaud galloping hooves.

The winning team with HH Maharaja Gaj Singh II and His Grace, The Duke of Argyll.

The spirit of nobility pays tribute to blue blooded traditions

There comes a moment, in a magical place when legends born of nobility come together to leave the present speechless. And the protagonists who made it happen were a legendary dynasty, an iconic sport and a royal spirit. High passion and haute fashion mingled as The Royal Salute Maharaja of Jodhpur Golden Jubilee Polo Cup captivated its audience. And cheers for Jodhpur rang out louder as the city's Yuvraj Knights rode away with the Cup in its second edition. Celebrations marked the victory with the Royal Salute Golden Jubilee Ball for select guests. Followed by the Maharaja of Jodhpur's famous New Year's Eve procession, culminating in festivities at the Mehrangarh Fort. A night that raised a toast to the Ultimate Tribute.



Dignitaries and other guests enjoying the "sport of kings".

The majestic venue of the Royal Salute Golden Jubilee Ball.

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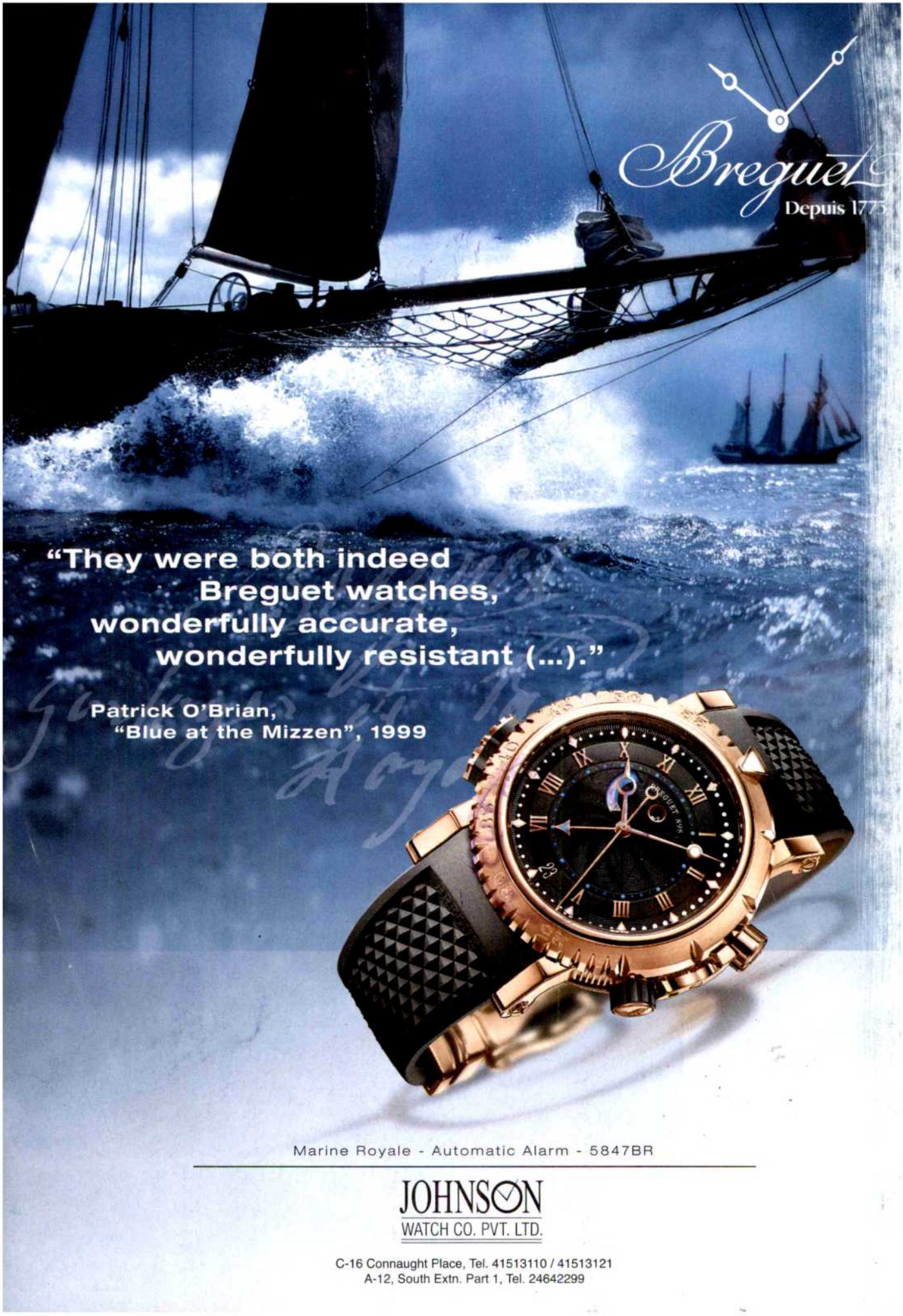
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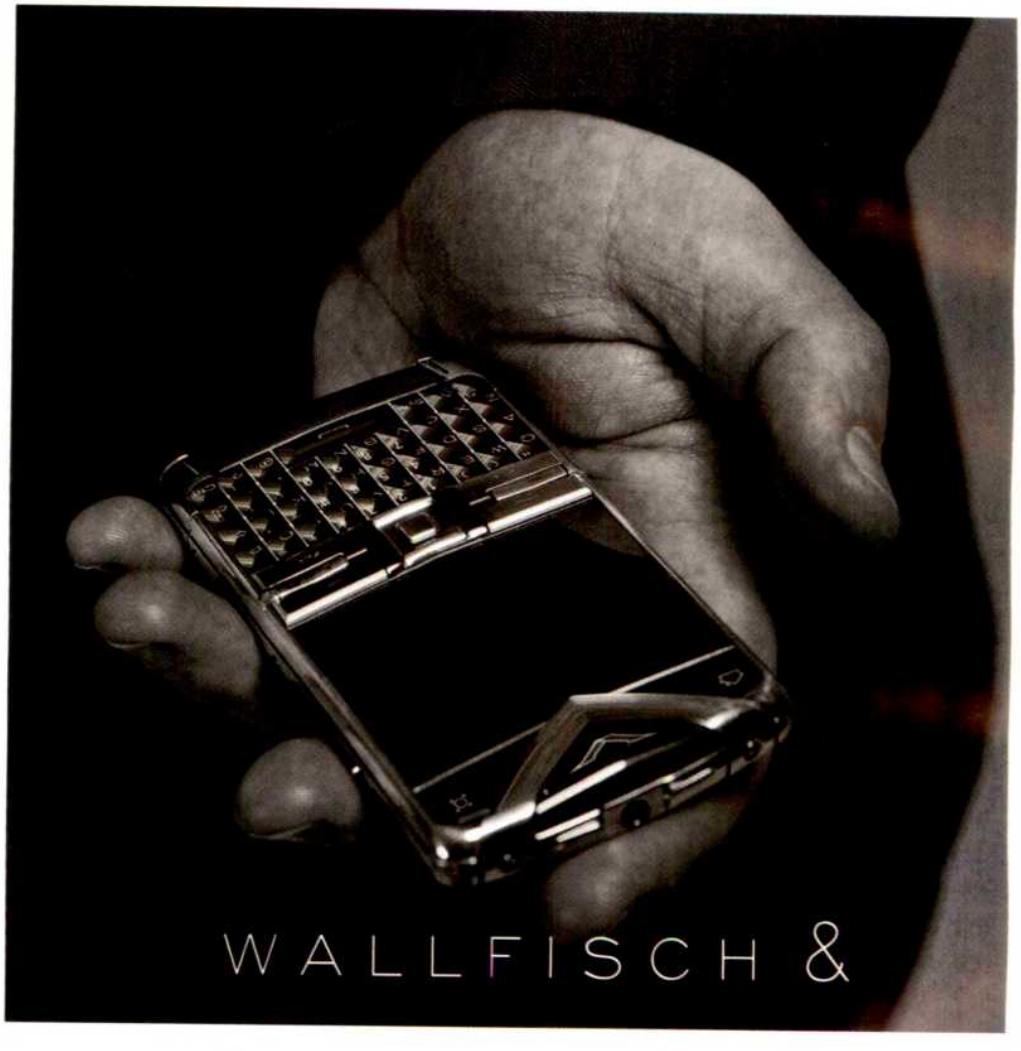

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Volume 5 Number 5; May, 2011
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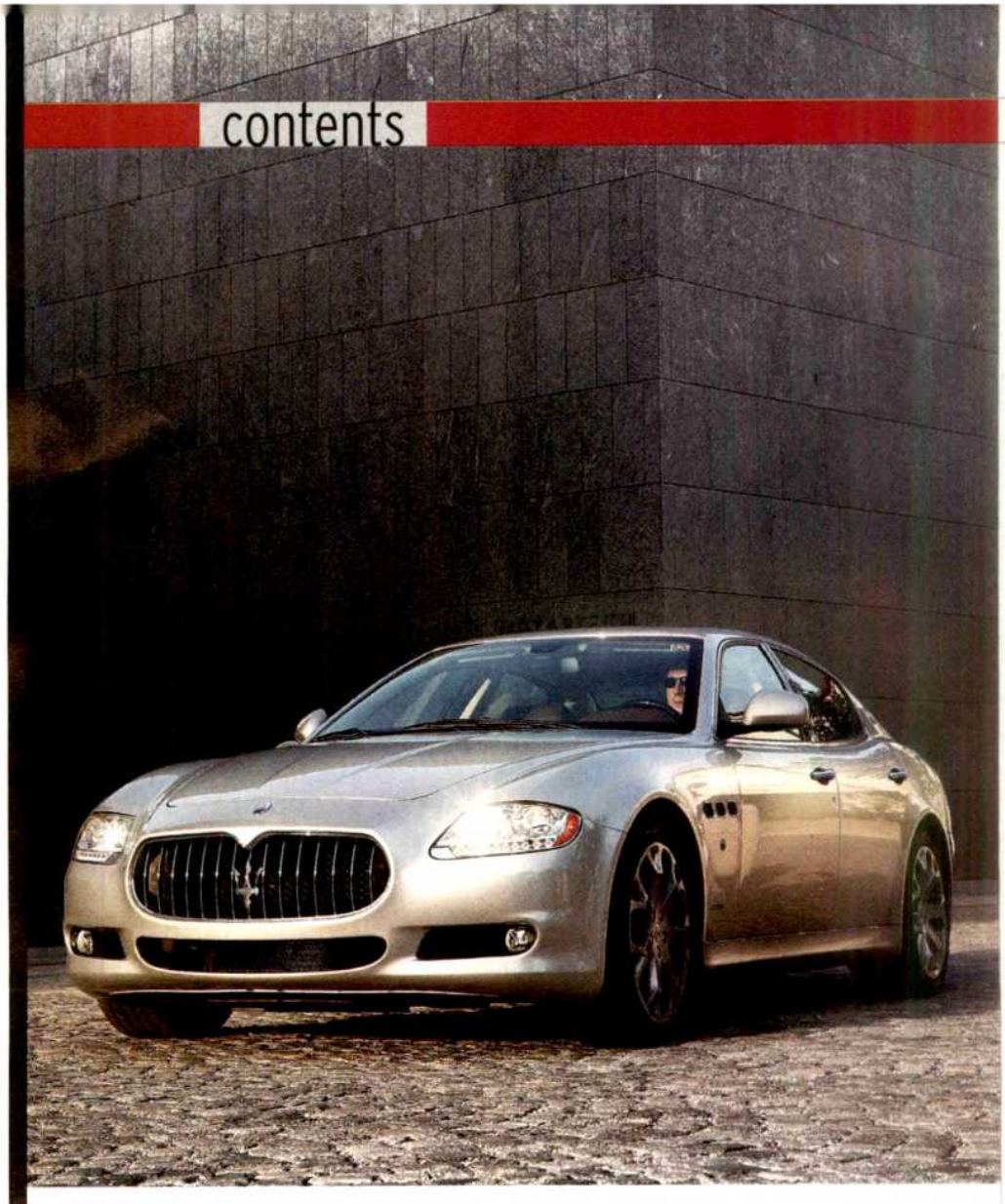
ghout the world. Reproduction in any manner
is prohibited.
ed and published by Ashish Bagga on behalf of
ing Media India Ltd. Printed at Thomson Press
India Ltd., 18-35 Milestone, Delhi Mathura Road,
bad-121007 (Haryana); A-9, Industrial Complex,
raimalai Nagar, District Kancheepuram-603209
Tamil Nadu); and at Plot No. 5-5A, TTC Industrial
Area, Thane, Belapur Road, Airoli, Navi Mumbai-
0708 (Maharashtra). Published at K-9, Connaught
Circus, New Delhi-110001.
India Today does not take responsibility for
returning unsolicited publication material.

contents



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Insomnia getting you down and under? Help at hand as experts pick the foods that help you relax and sleep better.

Prestige Golfshire is spread across 275 sprawling acres set against the picturesque Nandi Hills, at Bangalore. It is a mere 45-minute drive from the heart of the city and a 10 minute drive from the Bangalore International Airport.

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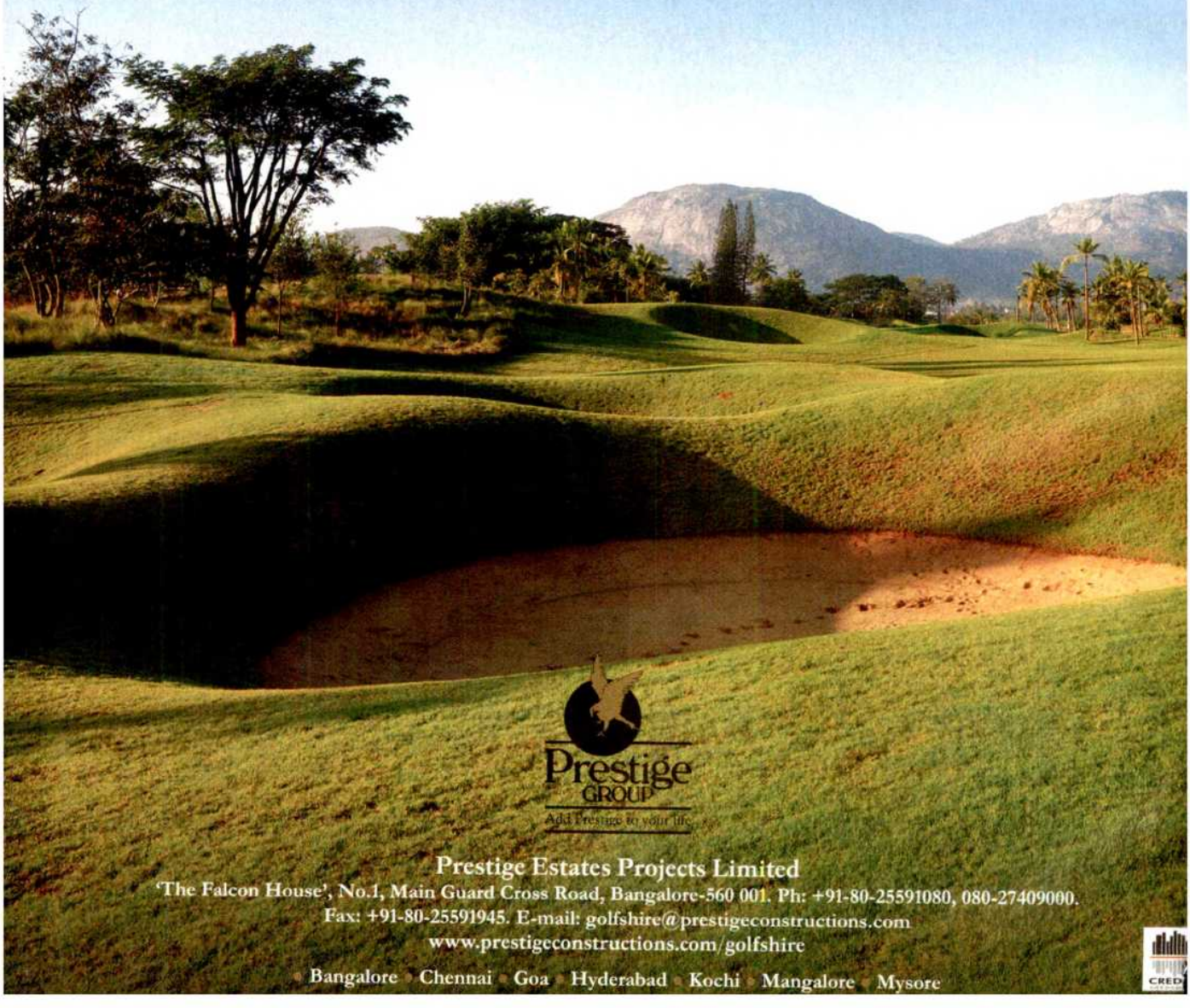

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- Shobana, Classical dancer and actress

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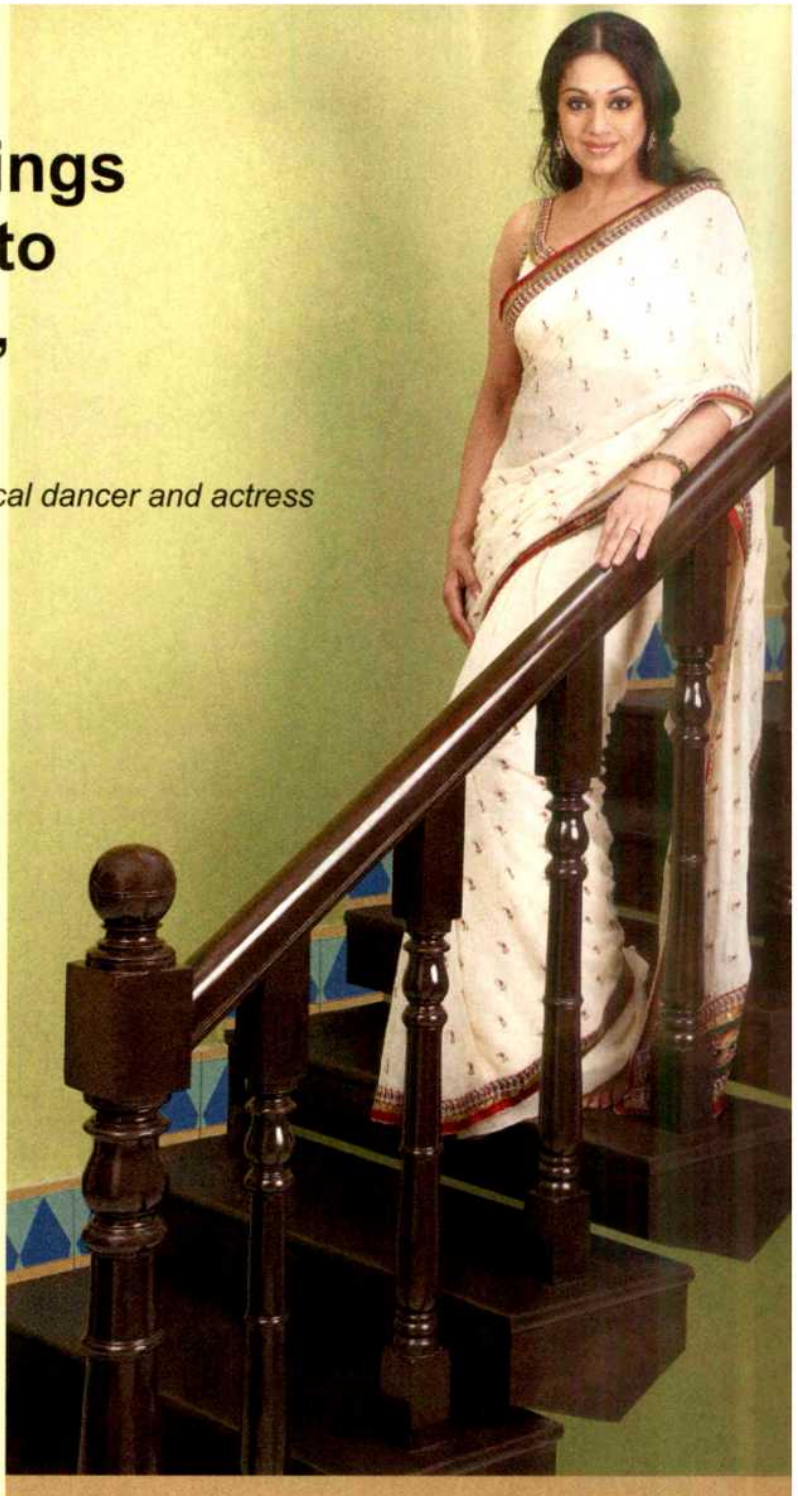

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MANUAL

Do-it-yourself guide

A Tea Time Story

The road to wellness is paved through cuppas of herbal tea. Let's expose nature's deepest secrets and find out why.

Monisha Gupta, president of lifestyle wellness brand—Craft House—feels that nothing symbolises oriental wisdom more than herbal teas. She offers insight on some rare teas, their benefits, and key tips on savouring them.

The Silver Tips Tea: This white tea is plucked from the tip of the tea bush on a full moon night. Since the mature buds do not undergo photosynthesis, they are low in caffeine and tannin. Owing to this, they require the least amount of processing and capture the aroma of the tea plant like no other. An excellent anti-oxidant, this type of tea prevents cardiovascular diseases, strengthens the immune system and improves digestion. Grown exclusively by the Makaibari planters in Darjeeling, this is the most expensive tea in the world. **Serve:** Hot, without any add-ons. **When:** Early morning on an empty stomach.

Chamomile Tea: An insomniac's delight, this is a sleep-inducing tea made from dried chamomile flower petals. The petals are not mixed with tea herbs, they are herbs in themselves and are hailed for their anti-inflammatory and anti-microbial properties. Owing to its nerve-calming properties, this tea is ideal for those suffering from migraines and regular headaches. **Serve:** Mild, with few drops of honey. **When:** About 30-45 minutes before bedtime or before a nap.

Mango Tea: A mixture of dried mango pieces and tea leaves, it aids digestion by cleansing the intestines and speeding up metabolism. This will in turn control the appetite and induce weight loss. It also helps in regulating blood sugar levels. **When:** At mid-day in the summer months. **Serve:** Iced.

Green tea, apple, cardamom and gooseberry: Based on the ayurvedic principle of striking a balance between the body's seven *chakras*, these teas help you maintain internal balance, produce positive energy and boost your overall health. **When:** Any time of the day; ideally, not to mix with meals. **Serve:** Hot, with few drops of honey.

Brewing Tips: Use two grams of tea per tea bag and avoid furious boiling, doing so will keep the essential flavours and aroma intact. Always add water to the tea (not vice versa) and brew for up to three minutes. To maintain a consistency of colour and flavour in each cup, pour little by little simultaneously in all cups. For a stronger cup, increase the brewing time. Since ice dilutes the tea liquor, use about three grams of tea per cup in any ice tea.

A GUIDE TO BUFFET ETIQUETTE

A overwhelming display of food may excite your appetite, but don't let it tarnish your social image. Here's advice on buffet manners by **Shital Kakker Mehra** of Soft Skills International:

The "Q": It's important to wait your turn, instead of sneaking up to the counter. Also, while waiting, resist the urge to complain about the cuisine or the caterer selected by your host. Instead, use this time to network or chat with the other guests who are waiting with you.

Serving Yourself: Use the serving tableware to serve yourself and not your fingers. Don't start eating while walking down the counter, regardless of how tempting the food looks!

The Hygiene Factor: One serving utensil per dish is provided and should be placed on the holder when not in use. To avoid accidents and spillages, it's best to bring your plate close to the serving dish, instead of leaning over the dishes. Leave the counter when coughing or sneezing, to prevent contaminating the food.

How much to serve: Avoid over-loading your plate as it presents an unappetising picture to those around you.

Courtesies: Thank the buffet counter and the clearance staff when handing over your dirty plates to them.

A WORKAHOLIC'S WORKOUT SOLUTION

ILLUSTRATION BY SACHIN RUHIL

Celebrity fitness expert **Mickey Mehta** tells us about exercises that help in loosening joints and muscles, improving focus and reducing stress.

Wrist Stretch: Stretch your hand in front of you, with palms up. Grab the fingers with the other hand and gently pull them towards you. Hold for a few seconds and repeat on the other hand.

Neck Exercise: Turn your neck gently to the left, right up and down. Repeat this for five rounds.

Shoulder Rotation: Shrug and rotate your shoulder clock wise and anti-clockwise for 10 rounds.

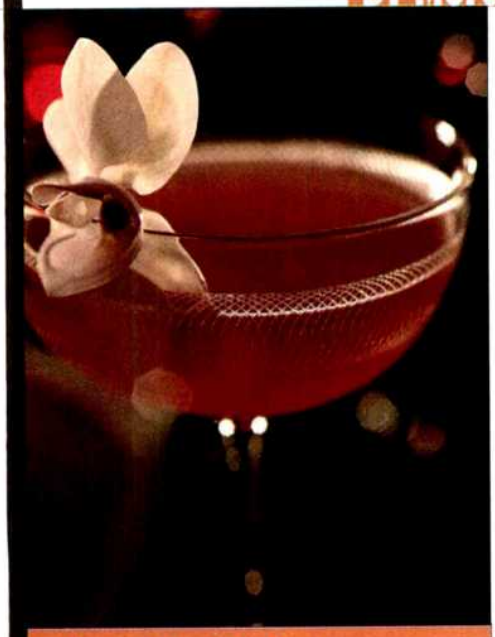
Twist: Sit upright in your chair, keep your left arm behind the left hip and gently twist to the left side. Hold for 25 seconds and repeat on the right side. Do this about five times on each side.

Leg Raise: Sit straight, raise and extend left leg till it is at level with the hips. Hold for 30 seconds, lower and repeat 10 to 15 times on both legs.

Arms: Hold a water bottle in your left hand and lift your hand above shoulder level. Bend the elbow behind contracting the triceps. Come to start position and repeat this about 12 to 15 times on each arm.

Biceps: Hold a water bottle horizontally in your right hand. Curl towards shoulder and repeat about 15 times. Do the same on the other hand.

Side Bends: Hold the water bottle with right hand and stretch up. Contract the abs and bend towards the left side as far down as possible. Do 10 repetitions on either side.



Rum Cocktail– Shaken, Not Stirred

Harinath P has gone on to become the only Indian whose cocktail recipe has found space in the Bacardi Legacy Book. We bring you his simple yet extraordinary rum drink which he calls Amalia Redifinido:

MAIN INGREDIENTS:

1). 50ml Bacardi Superior rum
2). 50g sweet watermelon
3). 7.5ml Martini Extra Dry
4). 7.5ml orchid-infused Grey Goose Vodka
5). 5ml lime juice
6). 1 barspoon castor sugar
7). 1 basil leaf

METHOD:

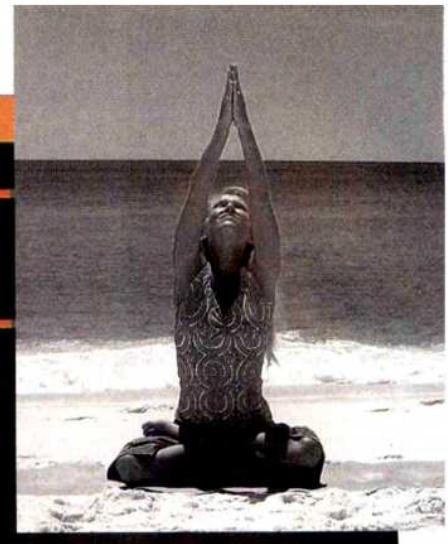
Add watermelon, castor sugar and lime into the shaker glass and muddle gently. Slap the basil in your hand, tear into two and drop into the shaker, add all the spirits and fill with ice.

Shake hard and fine strain into a chilled cocktail glass.

Garnish with a white orchid flower.

Key tip: For orchid infused Grey Goose Vodka, about 750ml of Grey Goose Vodka needs to be immersed in 15 purple orchids in an airtight container for seven days and then fine strained before using.

SUMMER FITNESS MANTRA



The idea of sweating it out isn't a welcome one in the summer. But don't let the heat deter you from exercising in the hot months. Fitness expert **Ajay Kumar of Anatomy Gym, New Delhi** offers tips on keeping fit when it's simmering outside:

1. Manage Your Diet:
The heat squeezes out excess energy from your body, leaving you fatigued and dehydrated. In order to feel energised, sip small quanitities of fresh fruit juice, lemonade or energy drinks, like Gatorade, throughout the day. Keep yourself hydrated with about eight ounces of water, thirty minutes before the workout. Also include plenty of leafy vegetables and salads in your diet.

2. Exercising Right:
Since exercising generates heat, it is advisable to exercise in short bursts with breaks in between that help you cool off. You can either go for sprint interval cardio which features regular breaks or just keep it calm and simple with *ashtanga* yoga and *pranayama*. Also, it's less draining to exercise in the mornings and evenings since it's relatively cooler.

3. Monitor Your Breathing:
Breathing reflects the body's internal balance and breathing right while exercising will provide sufficient oxygen supply, resulting in higher endurance. You should exhale while exerting and inhale while releasing. In case you are exercising to music, try to sing along.

4. Rest Yourself Well:
Give yourself a restful sleep of about seven hours every night and take one day off after every two days of working out.

A SHOT IN THE DARK

Gone are the days when ornate glasses were highly coveted. These days, its all about keeping things swift and swanky. So jazz up your bar with a set of LED shot glasses, a very easy thing to accomplish. Take a clear glass with a rimmed bottom and after ensuring a half inch of space between the rim and the inner underside of the glass, insert a 3-volt coin cell battery. Take a SPST switch and solder the positive lead from the battery to the off position and the negative lead to the on position. This battery, along with a 3-volt LED light needs to be placed flat against the underside of the glass. Use a thin layer of rubber cement in the rimmed underside to conceal the light, battery and the switch completely. You need to ensure that the 'on' and 'off' positions are accessible from the outside. Now, just turn it on and serve your shots in style.

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SOCIAL MORES

Nice-to-Knows

Waffle Cloud

The new Metropol Parasol is an architectural revelation that has altered the landscape of its city

The Plaza de la Encarnación in Seville, Spain was nothing more than a dead spot in the middle of the city. It was in the process of being turned into a parking lot, when the sudden find of ancient Roman ruins spurred the decision to revitalise the space. Competing suggestions were invited from some leading architects, and one of them, Jürgen Mayer H, came up with the winning idea. Coined the Metropol Parasol, his design—a futuristic bit of cutting edge architecture—will house a museum and community centre. Seven years in making, this mammoth project more than lives up to the hype and effort. Strongly resembling a waffle-like cloud rising 30 metres high, the Metropol is made up of undulating parasols interlocked like a honeycomb. Viewers have expressed opposing opinions in regard to this contemporary structure which makes a unique statement amidst the other buildings of inner Seville which date back to the medieval era. While some feel it stands out like a sore thumb, others view it as a a work of genius in step with the changing times. It's the world's biggest wooden structure, and an iconic eco-building to boot. The open-air restaurant is sure to be a big draw, along with an elevated plaza. Bring it on!

Spielberg's Yacht

Remember the envy you felt when you heard of Steven Spielberg's generous splurge on a $ 200 million yacht? Well, there's some good news for you, but that too comes with a price tag. The legendary director is now offering his yacht for charter at a whopping rate of $ 1.3 million per week, setting the record for the most expensive yacht charter in the world. This ultra-luxurious vessel features countless decadent elements and facilities, including a stunning infinity pool with a fifteen-foot long glass wall which doubles as a movie screen. The yacht accomodates up to 12 guests and 26 crew members. Sounds well worth the green ones!

AUDI BIKES

Audi's latest release, the new hardwood bike Duo, is a collaboration between the German brand and Renovo Hardwood Bicycles. Get ready for the smoothest two-wheel ride of your life, as the hardwood used in manufacturing the bicycle body absorbs jerks and vibrations better than any bike made of metal out there. Hop on to make a statement, and enjoy the ride.

The BT More Playlist

NEW RELEASES

The Strokes, Angles After a long five years, the iconic New Yorkers release their latest batch of sexy pop songs. The guitars sound as compelling as ever.

R.E.M. Collapse Into Now The legendary band's late career renaissance continues with a fine new album that visits all the musical styles from their career.

The Kills, Blood Pressures T duo reinven themselves yet again wi punky pop songs and smoulderin slow numbe that feed int their dynam as a platoni duo who oo sexual tensi

Food For Thought

Do virtual video games actually make us smarter? While many picture the typical gamer as an overweight, sofa-bound pizza-addict, there's no denying the increasing importance of this question. Gamers argue that playing these games actually exercises parts of the brain that remain ignored through classroom learning. According to James Paul Gee, a professor at the University of Wisconsin-Madison, video games are 'goal-driven experiences which are fundamental to learning'. But some work better than others. For instance, *World of Warcraft*, very popular amongst gamers today, is perceived by many as unstimulating. However, American author and computer game designer Jane McGonigal believes these digitised alternate worlds are significant in their understanding of applied psychology, their ability to motivate, and the reward-based structure on which they are built. So slaying the dragon in *Super Mario*, or maneuvering through speeding cars in *Crazy Taxi* is a legitimate feather in your cap. Regardless, it's certainly food for thought.

E KILLS
D PRESSURES

Beady Eye, Different Gear Still Speeding Oasis lovers rejoice! Liam Gallagher is back leading his own band, and they sound as fun as his old band.

The Pains of Being Pure of Heart, Belong The young American wonder-band's second album is a bouquet of great hooks and melodies.

6 Things to do This Month

BOB DYLAN BIRTHDAY CONCERT: Ever since 1972, Bob Dylan's birthday has been celebrated in the beautiful hill-town of Shillong in Meghalaya with marathon concerts arranged by local legend Lou Majaw. These have achieved iconic status amongst Dylan fans around the world. This year promises to be the biggest, as Dylan turns 70. Be there on May 24 for all things Dylan.
Website: www.shillong.com

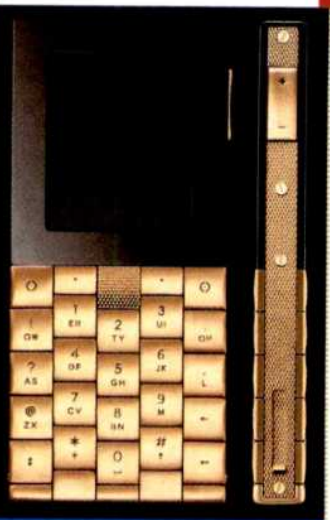
ALL TOMORROW'S PARTIES: ATP is one of the most eagerly awaited annual British music festival held at Butlins Holiday Centre in Minehead. Fabled for it's exciting line-ups and intimate concerts, ATP is curated by a different musician or band every year. This year it's the turn of NY hipsters Animal Collective. It will be held from May 13-15.
Website: www.atpfestival.com

PUNE FASHION FAIR: Held every year from May 13 to 15, this fashion event assists buyers and sellers in the fashion sphere to expand the reach of their brands. Although the Ahmedabad fashion fair has gained momentum in the recent years, there can never be too many in this industry. Just the thing for fashion enthusiasts and shoppers alike.
Website: www.biztradeshows.com

MONACO GRAND PRIX: This chapter of the world Formula 1 Championship is held on a narrow course on the streets of Monaco, making it one of the most dangerous and difficult race tracks despite the low average speeds. Be a part of the action from May 26 to 29.
Website: www.grand-prix-monaco.com

MOUNT ABU SUMMER FESTIVAL: Held every year from May 15 to 17 at Rajasthan's only hill station, Mount Abu. Set against a picturesque backdrop and cool climate, it is predominantly a feast of classical and folk music with added attractions like boat racing and some delicious local cuisine thrown in to make it worth your while.
Website: www.ficci-gitb.com

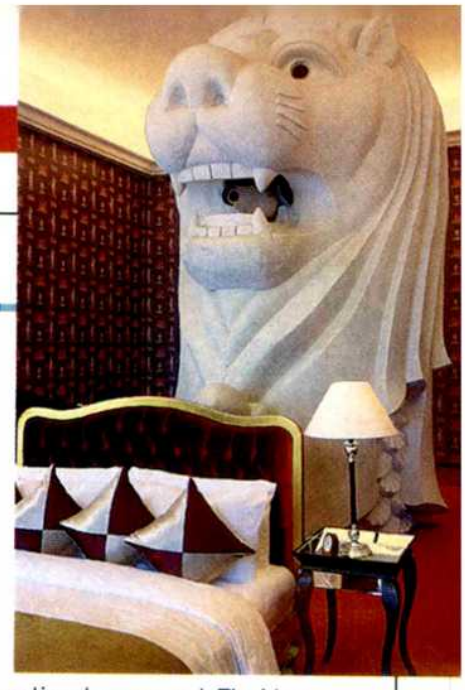
ROBOTICS WORLD SHOW: With the hundreds of new inventions and innovations flooding the market on a monthly basis, this exhibition aims at the industrial segments comprising of power, pharmaceuticals, terminal automation and tank farm automation. Held from 26 to 29 May in New Delhi.
Website: www.kmgindia.com



Back to Basics

For those who like classics, this hand-held is just the thing. A collaboration between designer Yves Behar and a Danish phone company, the Aesir Copenhagen mobile phone is all about turning back the clock and 'restoring the phone to its original function; to speak with others with clarity and in style.' Available in both 18k gold or stainless steel, the phone sports sapphire crystal lenses, laser engraved keypad characters and is engineered for superior sound and displays seven languages.

Merlion Hotel



If you think you've got it all covered just because you took in the sights of the Merlion in Singapore on your last trip, think again! Artist Tatzu Nishi, known for transforming public spaces around the world by building on and around them and creating temporary but memorable structures, has caught our attention yet again. And this time, Singapore's iconic Merlion is his inspiration. So give it up for the Merlion Hotel, created for Singapore's Biennale 2011. The designer/ artist has built a luxurious hotel room around Singapore's 70-ton-white-cement national monument. The idea, unimaginably unique but predictably so, is to give audiences the chance to redefine their relationship with the half-lion-half-mermaid structure that is the Merlion. Open through the day for public viewing and at night for overnight stays (only a single night for each guest is permitted), the offer is on for a limited period till the first week of May. Book now and see Singapore's icon in a new light.

It's a Dog's World

The world's most expensive dog—a Red Tibetan Mastiff named Hong Dong—stays true to his name which means 'Big Splash' by making a pretty big splash. Looking like a furry lion, this pet was bought by a Chinese coal baron for a whopping $1.5 million (₹6.7 crore). According to the breeders, Hong Dong is a perfect specimen of his breed, and each time he is mated, the asking price would be approximately £10,000 (₹7.3 lakh)! The history of this breed is an interesting one. It is believed that Lord Buddha and even Genghis Khan owned one, and the breed is reportedly the oldest and purest in the world with only twenty specimens remaining today. In China, they are revered as reincarnations of nuns and monks and are believed to bring good luck.

Sounds Like You Know About VINTAGE CARS

The next time you decide to attend a vintage car show, show off with these nuggets.

1. To be called a vintage car is no mean feat, there are some strict rules that a car has to comply with. By current standards, only those manufactured between 1919 and 1940 can be called a vintage car.

2. One of the largest collection of vintage automobiles can be found at the Cité de l'Automobile (National Motor Museum) Schulumpf Collection in Mulhouse, Alsace. The museum has over 600 cars from over 90 manufacturers, including 122 Bugattis.

3. One of the most expensive pre-war vintage car is the 1931 Type 41 Bugatti Royale, a luxury car even back then. One of only six such cars which cost $42,000 in 1931, it was auctioned off by Christie's in 1987 for $8.7 million.

4. To vintage car collectors, the vehicle's condition rating is the most important yardstick for judging the value of a car. These are given on the basis of a points system ranging from 40 (Driver car) to 100 (Perfect car). Below 40, the cars go to the scrap-heap.

5. Comedian, talk show host and avid car collector Jay Leno once quipped, "Any car can be a collector car, as long as you collect it!"

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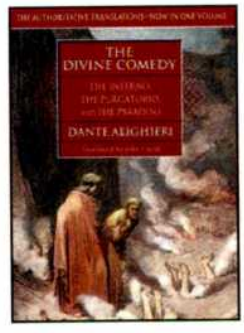
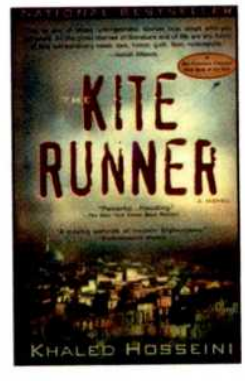
BOOKS THAT SHAPED MY LIFE

PAOLO MARAI, PRESIDENT & CEO, VERTIME talks about the books that have made him what he is today





La Divina Commedia

by Dante Alighieri

Poetry is an excellent way to interpret life. This Italian masterpiece is a soul's journey towards discovering God. It gives me the strength and insight to understand life.

Drums For Rancas

by Manuel Scorza

The book is based on the lives of people in Latin American countries like Argentina, Chile and Peru. These people have the ability to survive within the bounds of their local culture and despite migrating to other countries, they are able to preserve their traditional way of life. The book has helped me understand how cultures and communities operate from within.

The Kite Runner

by Khaled Hosseini

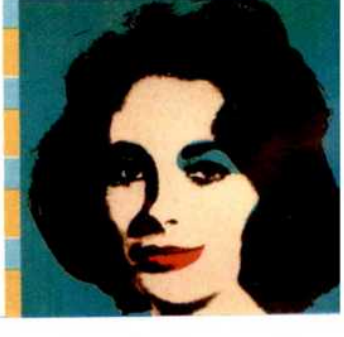
The best way to understand culture is to witness and closely follow the way people live and think. In this narrative, the author gives his readers a sense of what life in Afghanistan is really like. He makes you feel the sentiment of the place and get an essence of the culture.

RUSSIAN CAVIAR

Russia is all set to reclaim its identity as the premium exporter of caviar. Dozens of sturgeon farms have opened all over the country, where thousands of fish are tended to by trained workers. At regular intervals, eggs are carefully extracted through a minute incision in the belly which does not kill the fish. Such precaution is being taken after ruthless poaching which almost wiped out Russian sturgeon populations, and led the government to i[illegible] a moratorium on th[illegible] Caspian Sea, lasting even today. Let's hope their output matches their innovation, and they succeed in monopolising the market.

WARHOL'S LIZ #5

Warhol's next auction at Christie's, a portraits painted by him of Elizabeth Taylor, is estimated to rake in $ 30 million. In 2005 it was bought by hedge-fund manager Steve Cohen for an undisclosed amount in a private exchange. Slated to be auctioned at Phillips de Pury on May 12, the portrait shows the actress smiling with her eyes shadowed in blue. It was sketched the same year Taylor starred in the legendary title role in *Cleopatra* in 1963.



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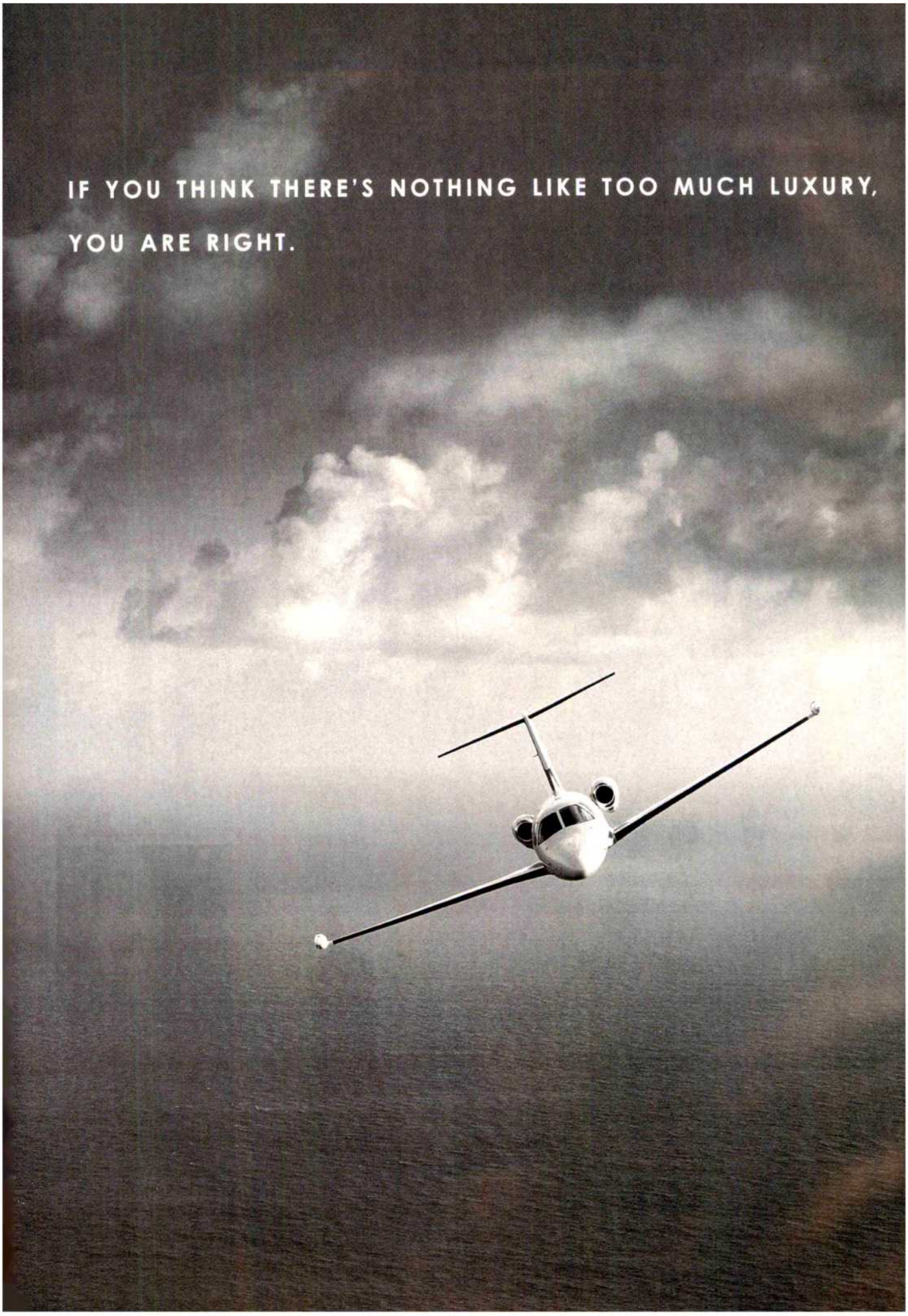
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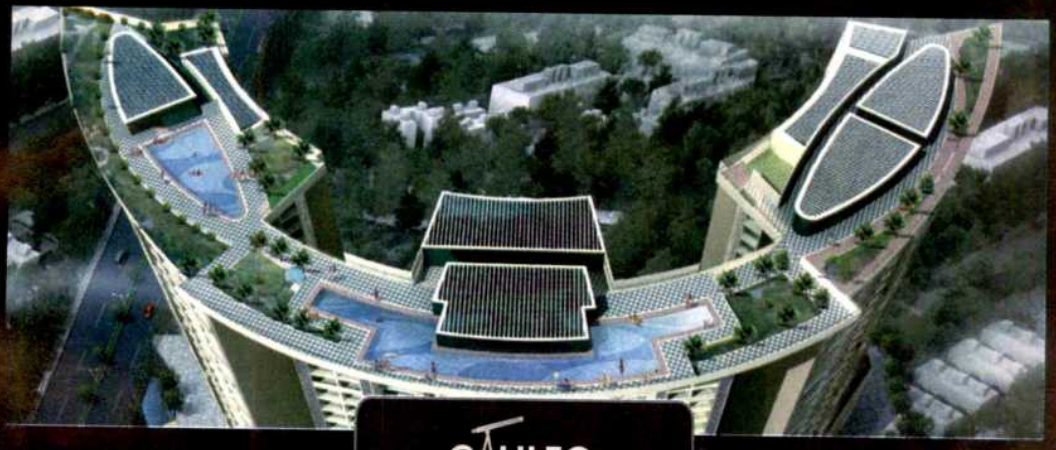

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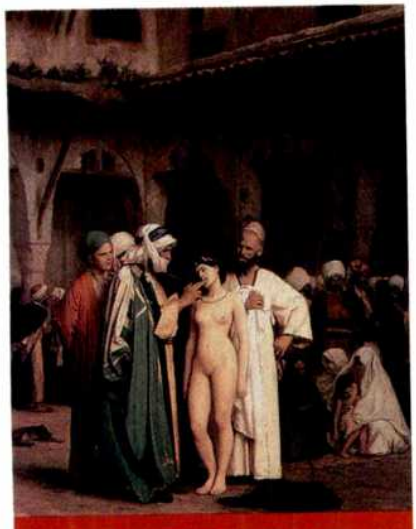
Taxing Times

Everyone curses the tax man, but Romanian witches, angry about having to pay up for their practise, recently hurled poisonous mandrake into the Danube River to put a hex on the government. Think that's pretty weird? At least you aren't paying up for having a beard, extra windows or worse, for remaining single. BY ANUSHREE BASU



FREEDOM TAX : If you happened to be a slave in ancient Rome, you could buy your freedom by paying off your master(s) a fat amount to start with. But that's not all; you also needed to further cough up some 10 per cent more as tax to the-government for the privilege of being a free person.

WINDOWS TAX: Under the reign of King William III, the people of England had to pay for having windows. Yes, you read that right. This tax was introduced in 1696 and was part of the 'Act of Making Good the Deficiency of the Clipped Money', enforced by the king. Every house had to pay four shillings a year for having 10 to 20 windows. Those with more than 20 windows paid eight shillings.

FLATULENCE TAX: Luckily this tax is not for human bodily gases but is imposed on cattle in several European countries. These gases, methane and nitrous oxide, have an adverse environmental impact which is why the tax is levied to save the planet. But wait, cattle don't understand taxes and they sure don't understand global warming, so the cattle owners have to pay. Such a farce!

URINE TAX : Emperor Nero first introduced this duty in the 1st Century A.D on poor Romans who unlike their wealthy fellow countrymen didn't have their own sewage disposal systems.

BACHELOR TAX : England imposed it in 1695, Russians under Peter the Great paid it in 1702, and finally Benito Mussolini imposed it on unmarried men between 21 and 50 in 1924.

BEARD TAX : Henry VIII (*left*); King of England; Elizabeth I; Tsar Peter I of Russia all thought it was wise to tax people for sporting a beard!

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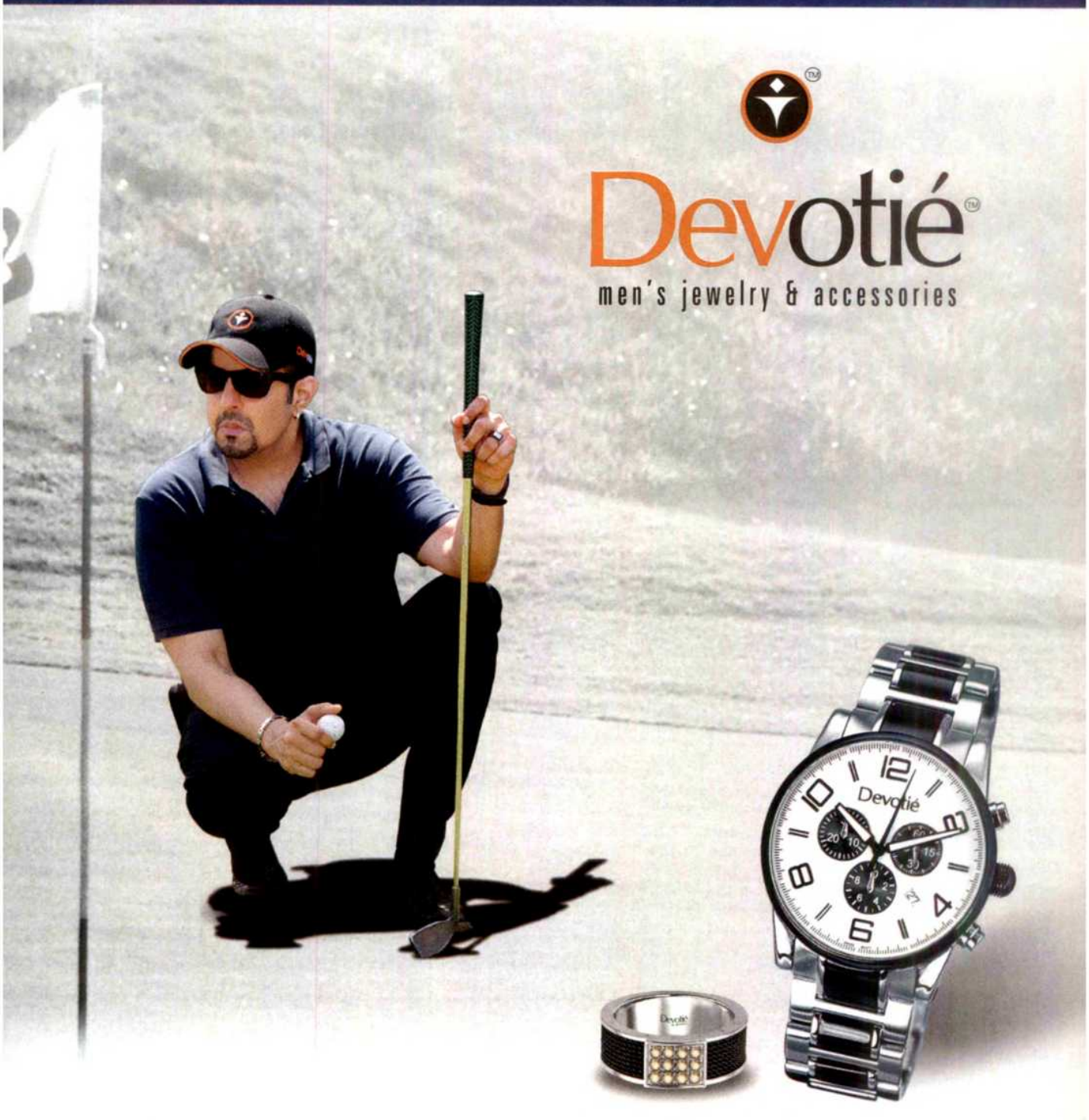

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LIFE THROUGH A LENS

You no longer need a mega digital SLR to be able to take pictures that take the breath away

BY BIBEK BHATTACHARYA

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Back in the day photography used to be a rarified art mostly due to the rarified gear that one had to possess to take even one decent picture. This meant multiple rolls of film, a heavy SLR and a multitude of lenses. With digital photography, your options increased but other problems remained the same. But now your humble point-and-shoots have gained enough in stature to give any DSLR a run for its money at less than half the cost. These big-zoom beauties offer a breathtaking range of picture options and a wide array of settings to make sure you get pro-quality pictures wherever you go. Most of these cameras allow you to shoot manually, which means you're no longer a slave to pre-set modes; some even allow for taking pictures in RAW formats, resulting in better resolution pictures. Then there are the big zooms that give you great options, meaning that you won't be left gnashing your teeth in fury because your tiny camera couldn't catch a spectacular sunrise above Mt Everest! Take your pick.

EXPERT SPEAK

When professional photographers go out to shoot , they don't always do it with an high-end DSLR and an array of special lenses. Two ace photographers tell us about their favourite point and shoots.

AKASH DAS
FASHION PHOTOGRAPHER

SPECS
10.4 MP; 4x Optical Zoom;
2.8-inch LCD screen;
JPEG+RAW formats;
28 mm wide 4x optical Leica lens
3200 ISO;
Manual mode;
Aspect Ratios: 4:3, 3:2, 16:9

"DSLRs are very heavy to carry around, so I carry a point-and-shoot with me at all times, the Panasonic Lumix DMC-LX2. Apart from pictures in the standard JPEG format, it takes RAW pictures. This is also the only camera that has three aspect ratios: 4:3, 3:2 and 16:9 (panoramic). Also, the clinching thing is that it has a LEICA lens."

JYOHY KARAT
TRAVEL PHOTOGRAPHER

"With a 24mm Leica f2-2.8 lens, 10 megapixels, intelligent Auto mode and a sleek compatible design, Panasonic Lumix DMC-LX3 is irresistible. Now, i do some of my professional shoots with the same camera. My subjects are at ease, i have good flexibility in terms of camera performance and the pixel resolution is good enough for publication as well."

SPECS
10.1 MP; 2.5x Optical Zoom;
3-inch LCD screen;
JPEG+RAW formats;
24mm Leica f2-2.8 lens
3200 ISO;
Manual mode;
Aspect Ratios: 4:3, 3:2, 16:9

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RESTAURANT REVIEWS

Dizzying Delights

It boasts of the longest bar in the country and is named after a Colombian druglord. Forget all that because Escobar's alfresco seating with globally infused tapas and cocktails creates just the right dining ambience

BY ANAMIKA BUTALIA

Its claim to fame is its longest bar in the country. But Escobar is more than the 77-foot-bar it sports—it's also a fine dining restaurant and lounge. Spread across 6000 square feet, the single-level lounge and bar area extends to an open deck, while the restaurant is perched atop the busy suburban junction of Linking Road and Turner Road in Bandra, Mumbai.

Escobar is all high-end chic; the furniture's from France and the menu is distinctly Spanish in its influence. The tapas menu is unique and thoughtfully put together—the salmon olivette is scrumptious, as is the chicken chimichanga. The prawn and manchego on crute is served in a long glass and is sure to be a hit. Chase the food down with a sangria— definitely one of the best in the city.

Among the mains, the herb-spiked mixed meat lasangne as well as the mixed meat pizza are delightful. What's more, you can even customise your pizza. In the vegetarian menu, we tried the spinach and ricotta involtini with spicy alfredo, which was great. The portions are large but don't miss dessert especially the blueberry cheese cake and the mud cake. The latter is gooey in just the right way and quite unforgettable, as is the excellent cheese cake.

> The versatility adopted by Escobar's signature mix of restaurant-lounge-bar is refreshing. It helps you forget the frenzy of urban life, and rejuvenates you for the next dawn.

The versatility adopted by the signature mix of restaurant-lounge-bar is refreshing. Step in, sit down, and forget the frenzy of urban life just beyond.

Meal for Two: ₹2,800

Address: 199 - VN Sphere Mall, 4th floor, Linking Road, Bandra W, Mumbai. Tel: 022 42760000.

A Clean Slate

Canvas is a new lounge in Mumbai that lives up to its promise of hedonism; but the food is a mixed bag BY ANAMIKA BUTALIA

The Canvas is not pristine white; this split-level restaurant sports shiny disco balls, two large tv screens flashing psychedelic images, velvet drapes and tables embedded with multi-coloured lights. You could be in Vegas.

Canvas is a mixed bag. While the bread basket isn't up to scratch, the appetisers and tapas menu hit the mark. The Caesar salad with wasabi mayonnaise is a bit of a letdown but its non-vegetarian counterpart—the smoked salmon Caeser salad is just right. On the vegetarian menu, the goat cheese quenelle served on caramalised apple rings with beetroot puree is a must-try, while the sautéed turkey salami wrapped with asparagus is the star of the tapas menu. Mains comprise of only a handful of choices —basic Mediterranean cuisine, a Thai curry, an Indian curry, and meats including duck breast and chops. The steamed bassa with ginger and lemongrass broth looks better than it tastes; the fish doesn't really absorb the subtle flavour of the garnish. On the other hand, the ravioli of mushroom and ricotta in basil cream works well, with each ingredient enhancing the texture of the other. The desserts too are variable. The green and red apple dunked in lime soup with rum granite are all right but I keep imagining how much better it would've been in a short glass with a limoncello cookie!

Meal for two- ₹4,000

Address: Canvas, 4th Floor ,Palladium Mall, Lower Parel, Mumbai. Tel: 022-43485050/51.

Cool Britannia

A new British eatery in Delhi with an intriguing name and serves up some good basic staples of English cuisine BY HITANI KAUR

A name like Forgetful Elephant does arouse curiosity. And that's what led me to the new British restaurant/ pub in Delhi's GK 1.

The setting is cheerful—oils on the wall, old English upholstery, porcelain bric-a-brac, a dark wooden floor and bold drapes transport you beyond the zipcode. The menu features mostly British staples with a European twist to go. For starters, the Dublin Bay prawns with garlic and herbs was tangy but a little undercooked. The vegetarian Cromesquies were a pleasant surprise. The King Fish with chips and salad is served just as should be, not leaking oil, soft from within with a not-too-thick batter coating. The Lamb Crown with Roast Gravy was average, though the gravy gave it a distinct taste. Forgetful Elephant is an interesting addition to the eclectic dining scene. The service is warm and friendly and if you don't go expecting the earth you'll be satisfied.

Meal for two: ₹1,500

Address: M-25, 1st Floor, M Block market, GK- 1, New Delhi, Tel: 011-30631260.

A well-balanced diet promotes a good night's sleep

Sleep Tight with Snooze Foods

Tired? In dire need of 40 winks? What you ate last night could be the reason for this. Read on as we ask experts how to eat right to sleep tight.

BY ANUSHREE BASU

There's some science behind the old wives' tale that a glass of warm milk can help you sleep better at night. Research claims that what you eat is directly related to how you sleep. As Ritika Samaddar, Regional head, Dietetics at Max Healthcare in New Delhi says, "Anyone experiencing difficulty in falling asleep, waking up repeatedly or waking up too early, and having experienced these more than five times a month, could be suffering from insomnia. Its causes can range from medical conditions and stress to erratic eating habits."

So if this number matches yours, eating right can help before you're forced to resort to popping pills. But here, eating right isn't about counting calories and not all foods will cart you off to dreamland. Ishi Khosla, clinical nutritionist and director, Whole Foods, India points out, "The chemical tryptophan present in certain foods, is the raw material that the brain uses to release sleep-inducing hormones—serotonin and melatonin. Adequate serotonin levels promote deep, restorative sleep."

Foods like milk, yogurt, banana, cherries, fish, nuts, flaxseed, oatmeal, honey, turkey, soy, chamomile tea, wholewheat bread, and leafy vegetables, are rich in tryptophan. Also, magnesium (found in wheat bran, almonds, cashews, kelp and brewer's yeast) and vitamin B6 and B12 (found in wheat germ, sunflower seeds and oil, and tuna) are sleep-friendly nutrients and should be incorporated in a day's meal (*see box*). On the other hand, high-calorie and spicy foods are difficult to digest and cause interrupted or fitful sleep. Also, avoid eatables with high sugar content, caffeine, and nicotine because they stimulate the brain instead of relaxing it.

For better results, one must have a a long-term commitment to a well-balanced diet and a healthier lifestyle—think regular exercise, less late nights, no junk food, and yes, no cigarettes and alcohol. After all, you can't move mountains just by sipping green tea.

Dig Into These

Here's another reason to hit the greens. A German study in Psychopharmacology reveals that vegetables like lettuce, spinach, broccoli, and kale are powerhouses of vitamins that help combat stress and induce restful sleep.

Perfect Timing

Restrict food intake at least two hours before bedtime to avoid feeling uncomfortably full. Besides, an active digestive system acts as a hindrance for the body and the mind to relax.

Wheat bran breads not only boost your serotonin and melatonin (these are the sleep-friendly hormones) levels, they are also rich in magnesium, which is a muscle relaxant. Eat them toasted and add a dash of honey!

The calcium content in milk helps the brain use tryptophan, creating melatonin faster, as do bananas. They make for a good wholesome breakfast.

Sleep-friendly diet-chart for adults by Ishi Khosla, clinical nutritionist and director, Whole Foods, India

BREAKFAST	Oats with milk, honey and banana/ a glass of cherry juice/ a bowl of yogurt with almonds or walnuts.
LUNCH	*Daal*, seasonal vegetables with high-fibre *rotis*/ grilled chicken or fish with iceberg lettuce and cherry tomato salad.
SNACK	Chamomile tea with multi-grain digestive biscuits/ soups (almond, chicken, broccoli)/ flaxseeds or sunflower seeds.
DINNER	A light preparation with *paneer*, chicken or fish with brown rice or *roti*. A glass of warm milk half-an-hour before bedtime.

Cut These Out

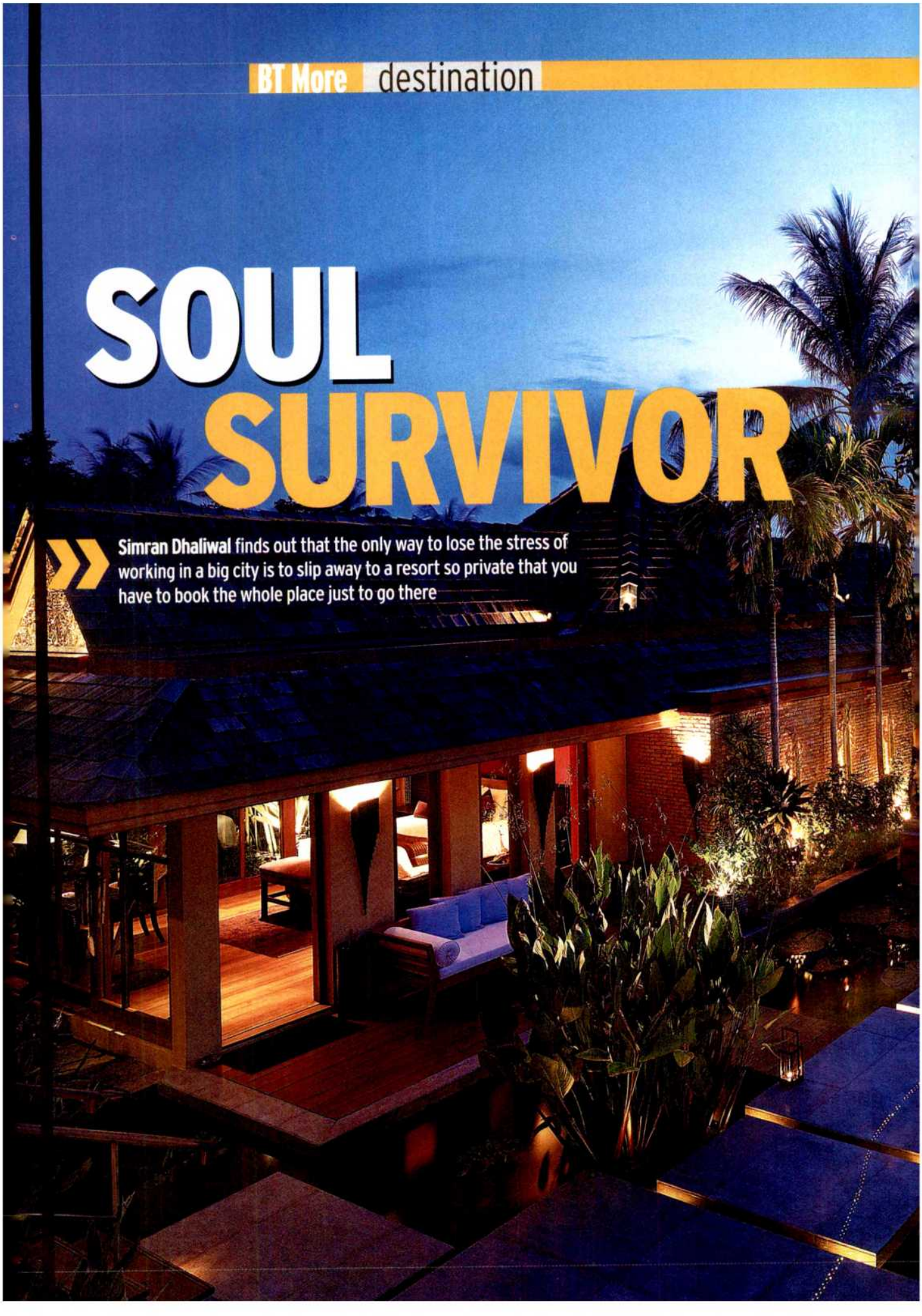
The popular perception that a glass of wine acts as a sedative is a myth as it dehydrates your body. Wine will wake you up during the night, leaving you very thirsty and cranky.

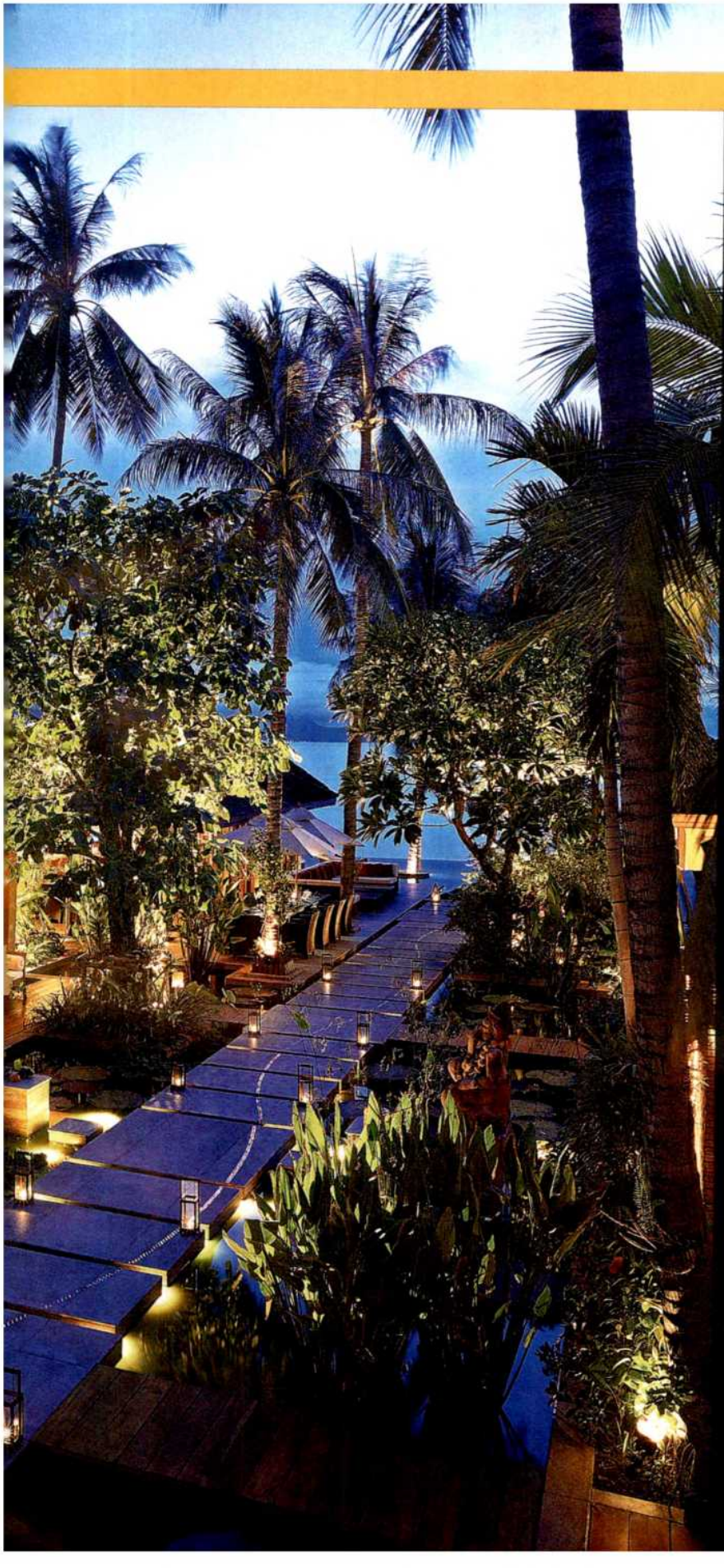
Avoid fried and spicy foods for dinner as these are difficult to digest and make the digestive system hyper-active. Think twice before biting into your deep-fried chicken.

Caffeine is one of the most 'long-standing' products, that might take up to 14 hours to metabolise. So it is best not to have that double espresso too late in the day.

SOUL SURVIVOR

Simran Dhaliwal finds out that the only way to lose the stress of working in a big city is to slip away to a resort so private that you have to book the whole place just to go there





If you think privacy settings is the sole preserve of Facebook, then think again. For connoisseurs of exclusiveness, 'privacy' is the most precious commodity. How else does one explain the mushrooming of, say, the concept of private dining rooms (PDRs) in the last couple of years? Close on the heels of the PDRs are private resorts, offering discrete hospitality to those who can't afford an island for themselves. Cashing in on this trend and ratcheting private holidays a notch higher is a new resort called 'Upni Duniya' located a few kilometres from Bangkok; where I was invited to enjoy the solitary charms of the resort for a few days.

An hour and a half's flight from Bangkok, Koh Samui is by no means a hidden paradise. However, it is much quieter and cleaner than its more popular cousins Phuket and Pattaya. Twenty years ago, backpackers would come here in search of nirvana. Today, it is a cosmopolitan melting pot with big boys like Banyan Tree, Four Seasons and Six Senses offering haute living. Upni Duniya is the latest addition.

Moody weather greeted my arrival at the smallest airport I've ever seen, one that looked like the lobby of a boutique hotel—cosy and welcoming. Even the conveyor belt at luggage claim was about the size of a sushi belt at a Delhi restaurant. The fabled views though, had to wait as I was whisked off to the resort, some ten minutes by car from the airport, nestled on the shores of the Bang Rak beach.

I had mixed feelings before I entered. I must say that the deceptive wooden plank doors just don't do justice to the resort's spectacular location. But when I walked down a pretty wood tiled alley past small ponds on either side with eager fish surfacing in the hope of treats, I was charmed.

I checked into a villa with bright mustard yellow walls. Each of the nine villas here is painted in a different colour though the overall aesthetic remains the same. The rooms are mini-

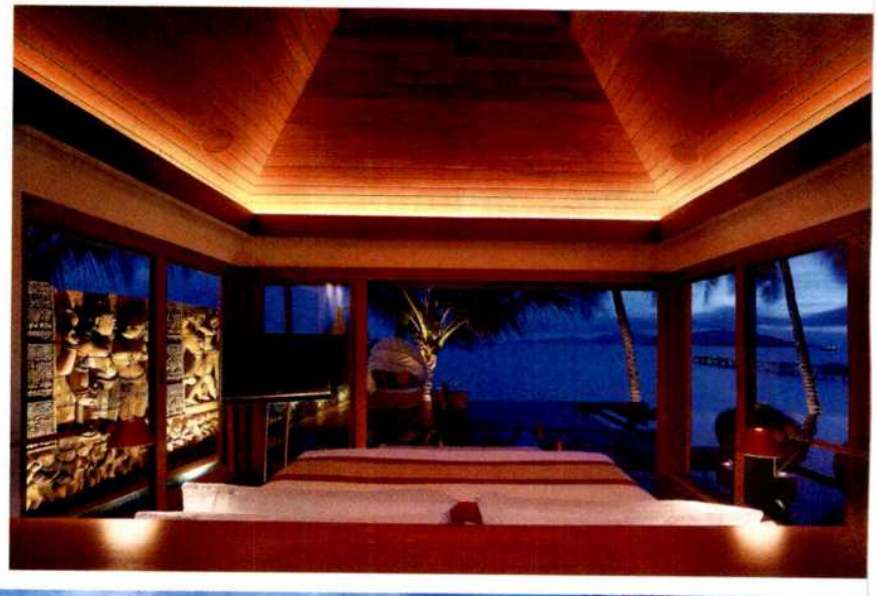
glass windows for walls. Outside each one, amidst the greenery on the ground level, are terracotta figures of the Hindu trinity: Bramha, Vishnu and Shiva. These hand-carved figurines are unique to the region and are painstakingly handmade by the craftsmen of Chiang Mai over several months. The lone (brick) wall in the room is adorned with local wooden artifacts. The bamboo ladder placed in the bathroom to hang clothes on, adds a hint of rural tradition to the otherwise contemporary aesthetic. However, it's the open bathtub gazing upon an azure skyline that sums up the romance of this place.

The master-villa—which is the only sea facing villa at Upni Duniya—has a Jacuzzi outside the bedroom which looks out onto an infinity pool. Khajuraho-inspired terracotta figurines to one side add to the spice. India Inspired? Well, David Lees, chief designer of Upni Duniya describes the space as 'whimsical and a little sexy'. Taking a lap in the pool, I feel one stroke away from the inviting ocean, though in reality it would take more than just a dive to get there.

The resort's USP, and what according to me is its defining essence, is that visitors must book the whole place (i.e. all of the eight villas) in order to stay here. Imagine the sense of privacy; the resort is like your holiday home minus the maintenance.

Since my room had no view of the ocean, I spent the majority of my time poring over a book in the lounge, or soaking under the gazebo while staring out at the infinite view of the sea. Nothing but silence and the sound of the lapping waves for company. The weather was moody, breaking into musical rain at the drop of a hat—giving me the perfect excuse to stay in and sample the delightful cuisine.

The menu at the resort is exten-



Right: A pristine view of the Bang Rak beach from the mastervilla; **Below:** The master-villa comes with a private pool and jacuzzi

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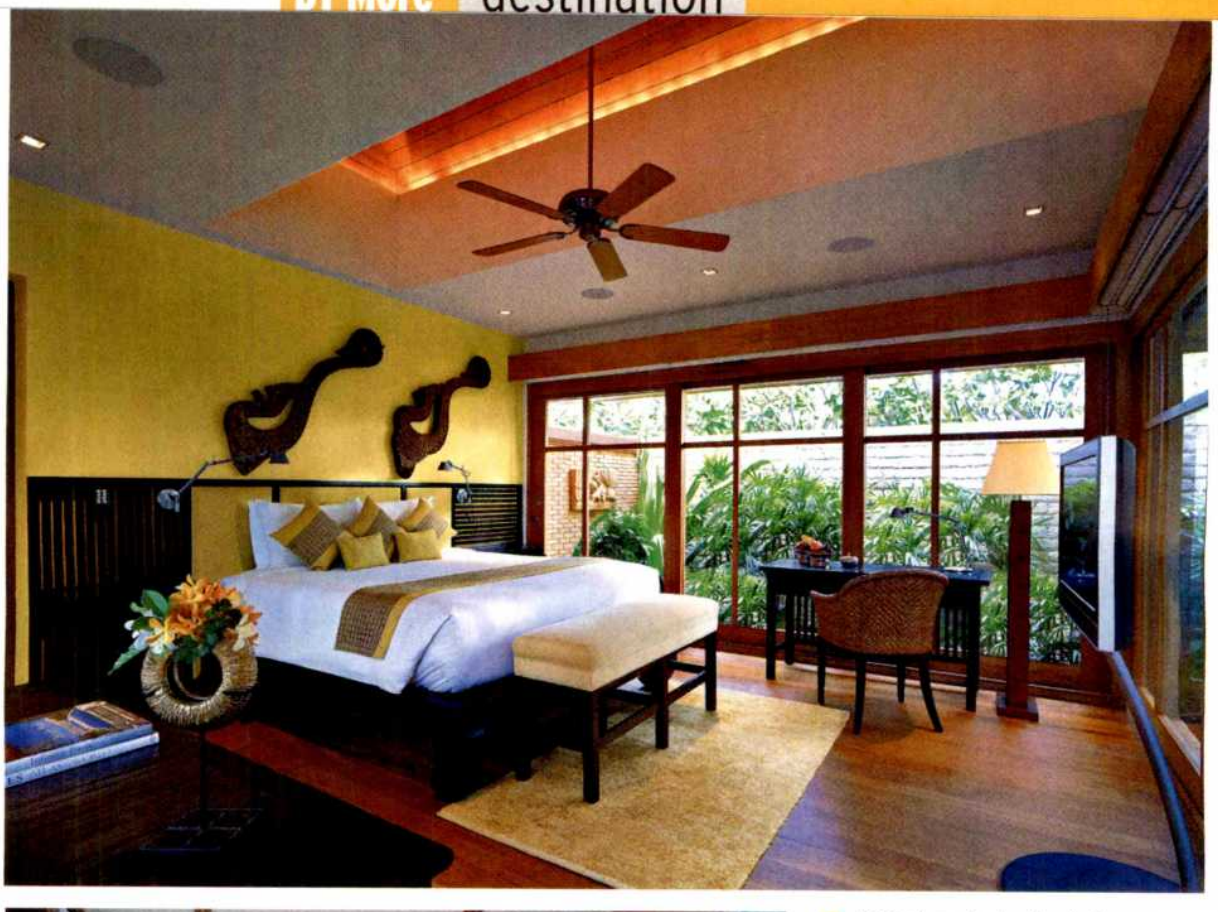

Above: A mustard yellow bedroom; **Left:** A bathroom with open sky bathtub

FACTFILE

Visitors must book atleast eight of the nine villas, priced at THB 90,000 (₹1,33,000) per night. The master villa can be booked exclusively, and costs THB 32,000 (₹47,000) per night.

Address: Upni Duniya 25/25 Moo 4, Tambon Bophut Koh Samui, Surat Thani 84320, Thailand.
Website: www.upniduniya.com

sive, including everything from predictable Thai staples, to the cross border flavours of Vietnam, Korea and Japan, along with treasures from Italian and Indian cuisine. Every morning, the in-house chef assists you in planning your meal—fusing specialties from across the globe, with a marked Asian thread running through it all. At night he dons the role of bartender, and, from what i saw, that's where his real talent lies. What's more, he even managed to teach me a mix or two!

The stress had by now evaporated as Samui started to heal and cleanse. Reluctant as i was (spoiled by all the pampering and serenity), I agreed to join my fellow residents the next morning on the Santiburi golf course. This charming mountain course fringed by a palm forest is considered to be one of the toughest courses in the region. While the others putted, I lost myself in the stunning views of the hilly course. After all, wasn't it Mark Twain who called golf, "A good walk spoilt"?

Lulled into a mode of relaxation and lethargy, any guilt is assuaged by the realisation that headlong hedonism is in the DNA of this country. The island and resort encourage you to climb into a little cocoon of comfort and levity. And if you miss the madness, well, there's always Bangkok. ■

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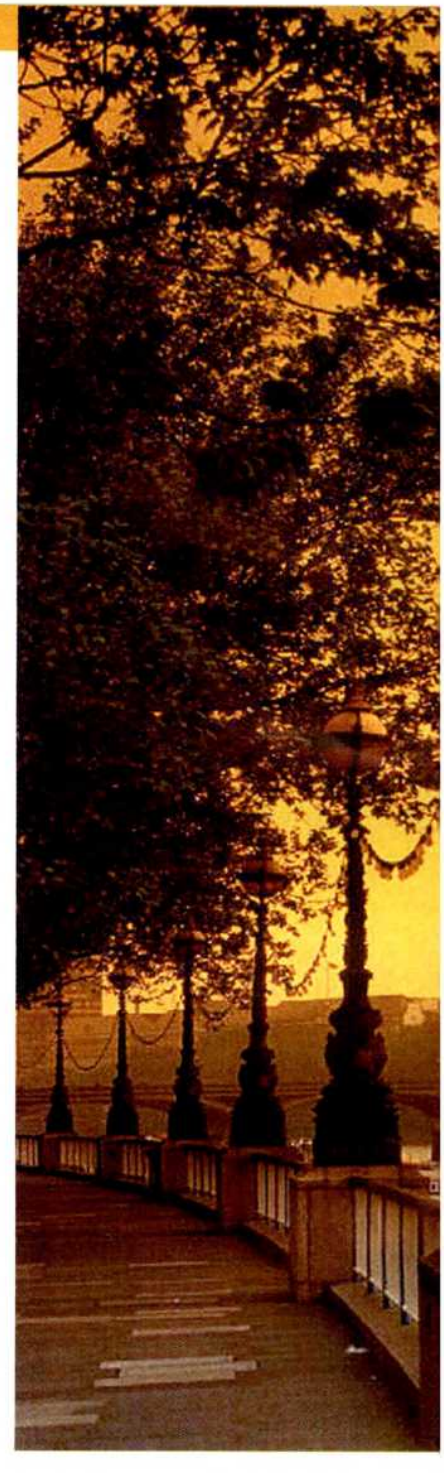
Living it up in London



A visit to Ye Olde England is incomplete without a round of one of Europe's most fascinating cities, London. We give you the lowdown on some of its unconventional attractions.

BY MAGANDEEP SINGH

Nothing induces humility better than travelling. The more I venture out, the more quiet and thoughtful a person I return. And therein rises a dichotomy: a part of me that wants to narrate all that I have seen and done; and another that just wants to sit in reserved silence and revere all that I have seen, taking time to absorb the sights and sounds of the previous trip. But to not share would be sheer selfishness. So, if you can pardon the jamminess of my existence, which even I can't explain or attribute to anything but an oversight on the part of God, here are a few things to do when visiting Her Majesty's Kingdom.

HAKKASAN, MAYFAIR

The gurus of gastronomy know the Hakkasan at Hanway Place. However, they recently opened their new space in Mayfair on Bruton Street. The place retains the charm of the original but adds to it in ways that make the eatery more expansive along with better service. The famous long bar at Hanway Place may be missing but the Mayfair outlet replicates the famously intimate central area of the original. More space on the flanks allows for people to sit and observe this pulsating core of the establishment. Special mention must be made of the Crispy Duck Salad, which was mouthwatering. They are among the most serious restaurants I have visited when it comes to the art of wine pairing. I was served a lovely Veneto rosé that didn't just pair well with one course but several. Each Tuesday, the service team gets together and carries out practical exercises to decide any new wines that may be in contention for a possible listing at the outlet. Food comes along and pairings are done and rated. Anything that doesn't fit is rejected. The result is that no wine tastes awkward with the dishes on offer. So for a wine lover, it's one of the best places to dine in London. **Web: http://w3.hakkasan.com/mayfair**

London's iconic old skyline is redolent with charm, history and beauty

GLOBE-TROTTER

There's no luggage brand I prefer more than this one. Extensively decorated on the outside, spartan on the inside. Strong like an elephant, perhaps even stronger (no joke that, their logo has a pachyderm standing on their luggage) and yet attractive enough to be at home at the finest of addresses. My favourite is the Centurion series. They also do certain colours on request, custom-made that is, but there is no extra charge for it. Just a few weeks' worth of wait and the anticipation that comes alongwith. **Web: http://burlington-arcade.otherworks.com/shops/globe-trotter**

STOCKPOT BELGRAVIA

I am a tech-junkie and ever since I got to know of certain food-hunting applications, I have been eating more voraciously than ever, following my phone GPS around much like the water-finders of yesteryears who'd walk with a stick, wavering and weaning, connected to some higher force, that would eventually bring them to a source of potable water. In my case the higher energy is GPS and the source is some restaurant off the regular path. This time only a few steps away from bustling Leicester Square, I was

The interior of Hakkasan, Mayfair; **Below:** The Superdry store

disappointed that the restaurant I'd been looking for had long vanished. But a few doors down was another quaint little place. I walked in and was surprised to find some very traditional and authentic English dishes on the menu. Before you scoff at the idea, let me admit that I am one of the few who believe that England does have a native cuisine and it's quite lovely. I found myself with a delicious Shepherd's Pie and a giant glass of organic cider, enough to warm the cockles of my heart.

Tel: +44 (0)20 7839 5142

ENGLAND DOES HAVE A NATIVE CUISINE AND IT'S QUITE LOVELY. I FOUND MYSELF WITH A DELICIOUS SHEPHERD'S PIE AND A GLASS OF ORGANIC CIDER, ENOUGH TO WARM THE COCKLES OF MY HEART

WESTFIELDS

Seldom do I think of malls as an entertaining place. To me they lie somewhere between utility and uselessness. Westfields in the Shepherd's Bush area of London is one the biggest malls in London/UK/Europe, choose as you please. But it wasn't the size that impressed me. Sure it's convenient when you have every noteworthy high street brand packed in under the comfort of one giant roof. Rather it was the quality of the food court and the Champagne bar in the area known as The Village, that really impressed me. As I've mentioned elsewhere, shopping is hectic and there's nothing better than a glass of Champagne to provide a breather. And if hunger strikes, Pho does some great homemade-style and noodle soup and there are some vegetarian options as well. We would have to make our way to some fine dining establishment to match the general quality that I found here.

Web: http://uk.westfield.com/london

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Ebony Gautier offers comprehensive range of Living room solutions where one can choose from a breathtaking new range of sofas, lounge chairs and recliners available in fine fabric finish as well as rich leather finish. These are complemented by a stylish range of elegant wall units which combine storage with style.

The PIA collection from Ebony Gautier is characterized by its original and distinctive armrests, which lend it both contemporary and casual feel. Its adjustable headrest and comfy seat make this new range a winner! The sofa is available in both a 2 and 3 seater version in both fabric and leather. The frame is in solid beech and high density E1 fiberboard and Bultex foam.

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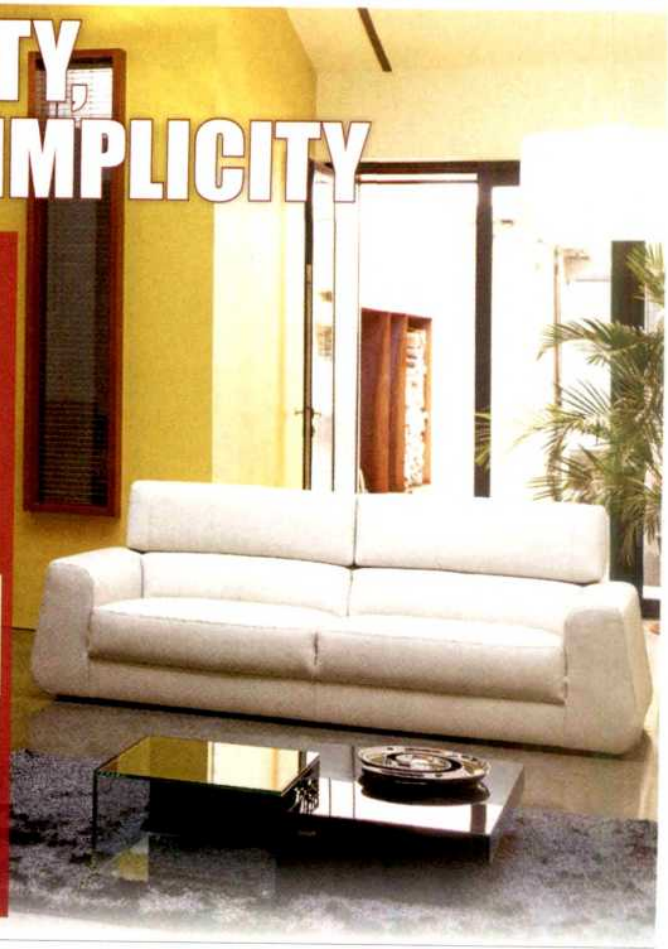


MARUTI SUZUKI'S CLASS-DEFINING COMBINATION OF LUXURY AND SPORTS FOR YOUR LIFESTYLE

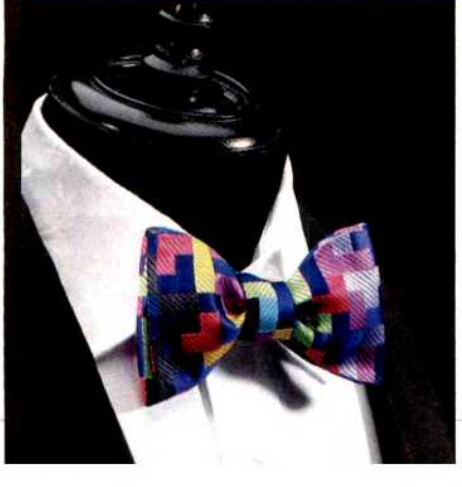
The interiors of the car give a whole new meaning to indulgence the moment you sink into the plush leather seats. The ergonomically designed interiors along with sporty instrumentation reflect your taste for finer things in life.

Kizashi's sports performance is propelled by a 2.4lt engine and you experience power coursing through your veins as you grip the steering wheel. So while you enjoy the exhilaration at the push of a button, a highly rigid and light suspension system gives you a great handling and it's subframes with floating structures ensure that the ride is smooth and quite. 6 Speed Transmission, ESP, Cruise Control, Paddle Shift (CVT only), 6 airbags, 17" Alloys, Climate Control and 10 way adjustable driver seat combine to make your driving experience comfortable, safe and an absolute pleasure every time.

No wonder, Kizashi which is an internationally acclaimed Luxury Sports sedan has outdone the Autobahn, beaten the hairpins on the Swiss Alps and has conquered even 'The Green Hell' of N`u`rburgring, Germany. After ruling the road all over the world including USA, Japan and Australia, it's ruling hearts in India now simply because it's a perfect match for the lifestyle of the discerning.

The word Kizashi means 'a sign of great things to come' and this car is a great combination of opulence and sports performance suitable for the rapidly changing lifestyle in India. Inspired by European design which is about luxury with sophistication, Kizashi is driven by Hayabusa's racing DNA for which Suzuki is known the world over.

Above: Westfields mall; **Below:** The Globe-trotter store; **Bottom:** A Duchamp bow-tie



DUCHAMP

This is my favourite accessories brand in the UK right now. The reason is simple: design and range. From socks to ties (both regular and bow), Duchamp's products are a heady combination of colour and imagination running wild. I just can't get enough of them and, given how recognisable each of their designs are, once you've worn a Duchamp tie, you just can't repeat it. **Web: www.duchamplondon.com**

SUPERDRY AND BENCH

Bench is a fantastic urban-wear brand that I have always liked for its quality and cuts. Sure they are a tad expensive, but they last long enough and there has always been a certain snobbery about shopping at Bench. The brand became so famous that a host of others imitated its style concept. Then there was a rift amongst the owners a while ago, and the founder went away to find a new brand, Superdry. If you hadn't read it right here, you would be excused to think of it as a Japanese brand. But you would detect an uncanny likeness, even today, with Bench. The tags are higher and the level of snobbery is further highlighted when you are told that they never go on sale. Great brands both of them, if you happen to be in London and are looking for some cool threads for the coming season. **Web: www.superdry.com/; www.bench.co.uk/international/**

CARNABY STREET

This is a little oasis of a market tucked away behind Oxford Street. Today it's hugely popular and no longer the little haven that it used to be from the noisy tourist madness of Oxford Street. But it still has some quaint little shops and establishments and always makes for an interesting walk through.
Web: www.streetsensation.co.uk/-carnaby/cs_intro.htm

As is the case with all lists, they are never comprehensive enough. I have had to leave so much out while creating this one—places and areas that I would have wished to include—but space is always an issue, especially when writing about London. In fact, my next trip is already due and I have a new list drawn out for my next scavenging saunters. The more I travel, the more I find about this city to enjoy and marvel at. Whatever you plan of action or list of visits, London is always hot, always hip and with it. Get the most of it. ■

Sport-Chic Meets High-Tech

The new Sport Class XXL series are bold new timepieces for self-confident and fashion-conscious men, combining performance and sport chic design with authentic Gc style. Made for an active lifestyle, powered by a precision Swiss Made chronograph movement, these new Sport Class timepieces are water resistant to 100 meters (10 ATM).Sport Class XXL series are avant-garde and timeless-chic timepieces for the man who creates his personal style.

FEATURES

Movement

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Functions: hours and minutes at the center, chronograph with 30-minutes, 60-seconds and 1/10th of a second precision, date at 4 o'clock

Case

45 mm brushed and polished stainless steel case (316L), unidirectional rotating bezel in stainless steel with ceramic ring and count-up scale, profiled chronograph pushers, scratch-resistant sapphire crystal, screwed case back, screw-down crown with embossed Gc logo, water resistant to 100 M (10 ATM)

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FERRETTI 720 PROJECT: FERRETTI YACHTS, AT FULL VOLUME

Ferretti Yachts, one of the icons of Italian-made luxury and a historical Ferretti Group brand, presents Ferretti 720 Project, an innovative project developed from the working relationship between Studio Zuccon International Project, AYT – Advanced Yacht Technology,

"Ferretti 720 will touch the water for the first time in spring 2011 and we have high expectations for this model. The resulting yacht features a winning, sporty exterior line, a new concept roll bar, hard top on request, and continuous glazing which runs right along the main deck. Large windows positioned so they light up the guest and VIP cabins at bow have been added to the open views fitted in the hull.
Ferretti 720 Project measures almost 22 metres in length and almost 6 in width. Inside, she features generous spaces, further enlarged by the natural light which filters in through the large windows.

Full and empty spaces alternate elegantly, resulting in a well-balanced, lightweight appearance, and the low pieces of furniture are highly functional, whilst still allowing ample room for the windows. Spatiality is intensified by the natural light, adding to the pleasure of being on board.

Ferretti yachts is exclusively represented in India by
Marine Solutions
Contact Person : Ms Anju Dutta
Mobile : +91 9821912932
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FERRETTI
YACHTS

ON THE MOVE

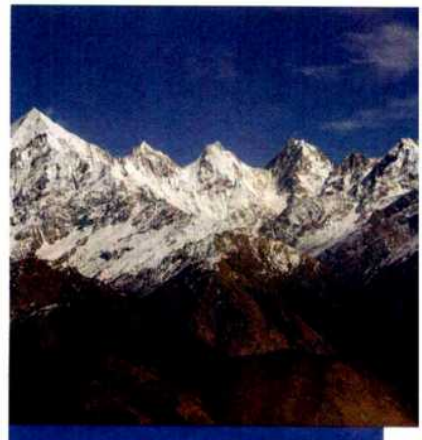
The Traveller's Page

Dublin Through Books

Literature being an integral part of Dublin's everyday landscape, no wonder UNESCO has named it a City of Literature

While Dublin tourist guides attempt to coach visitors in the pronunciation of the Irish greeting, 'howaya?', the equally common accompaniment to this—the enquiry, 'what's the story?' reveals the remnants of an oral tradition which is alive and well, while also demonstrating the Dubliners' appetite for the written word. Ever eager for stories, the city's sensitivity towards literature is acute, reinforced by an awareness of the materpieces of the past and the knowledge of contemporary offerings. The city has everything that it takes to take you on an engrossing journey through the world of literature. Follow in the footsteps of James Joyce and Oscar Wilde; browse through manuscripts at the Dublin Writers Museum or visit the beautiful Book of Kells at Trinity College. With literary history at every corner, it's easy to see why UNESCO named Dublin the world's fourth City of Literature. Why now? The Dublin Writers Festival in May is Ireland's premier literary event celebrating the very best of Irish and International Writers.

The Festival offers a unique opportunity to experience literature through readings, discussions and talks. The six-day (from May 23 through 29, 2011) literary festival, now in its 13th year, features over 40 illustrious writers who will read from their most recent works and take part in curated conversations about their writing. The Festival is an initiative by the Dublin City Council Arts Office, supported by The Arts Council. *www.dublinwritersfestival.com.*



Homestay High

In the upper reaches of the Himalaya, at an elevation of 2,298 m, lies the quiet hamlet of Munsiyari. Its name translates to 'the place with snow'. But in this tiny settlement in the Kumaon hills of Uttarakhand, warmth in the human heart isn't hard to find. The villagers have opened their homes for tourists to provide them with an experience like none other. Consider the Sarmoli Village Homestay (₹500 per person per night including all meals; Mob: 09411194041), located at the edge of an oak-rhododendron forest. It provides homecooked meals and nature guides, porters and cook-staff for treks. What's nice to know is the homestay programme is a genuinely cooperative venture run by the womenfolk of the village. The group also functions an outlet for selling their homemade products like locally spun wool and marmalades!

THE ART OF TIME TRAVEL

The Orient-Express and the National Gallery of London has teamed up for what seems like a once-in-a-lifetime excursion titled 'The Art of Travel'. On select dates till October 22, 2011, thirteen different five- to-seven-day journeys will focus on either the Impressionist movement; the great works of Italian artists Canaletto, Bellini, Titian, and Veronese; or the collections of the 18th-century Holburne Museum in Bath, which has recently been restored. Travellers will be guided by the knowledgeable staff of National Gallery, and will receive tutorials on artistic masterpieces and tours of all the places that inspired the artists—all this while rolling in the lap of luxury, Orient Express, and staying in some of Paris and London's finest hotels. There are three itineraries to choose from: The Venice of Canaletto (seven days; ₹4.58 lakh for a person in a double cabin); Venetian Painters (six days; ₹3.88 lakh for one in a double cabin); and Impressions of Paris (five days; ₹3.47 lakh for one in a double cabin). All tours begin at the National Gallery, and include all table d'hôte meals and accommodation on board. For dates and bookings visit: *www.orient-express.com/nationalgallery*

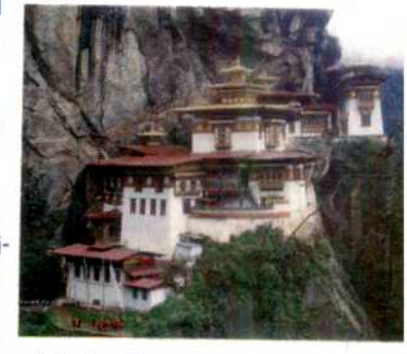
Sri Lanka At Its Best

When author Sir Arthur C Clarke made his home in Sri Lanka in 1956, he claimed the 'Island Jewel of the Indian Ocean' was the best place in the world from which to view the universe. The author of *2001: A Space Odyssey* couldn't have been more eloquent while describing this haven that offers a plethora of experiences as varied as its terrain and climate: palm-fringed beaches with stilt fishermen toiling for their day's catch, mist-clad cool hillside terrains, lush rainforests, and elephant-filled national parks.

The Sri Lanka tourism industry has declared year 2011 as the official year of 'Visit Sri Lanka' in order to give a boost to its tourism sector. On offer are many tour packages that range from 2N/3D to a week-long and is suited to various travel appetites—adventure, culture, and luxury. The tours typically cover prominent destinations like Colombo, Kandy, Kurunegala, Negombo, Dambulla, Polonnaruwa, Sigiriya, and Mount Lavinia. For details on getting there, visa, weather and more visit *www.srilanka.travel*

Escape Route

Looking for a perfect way to escape the Indian summer? From May through July this year, travel portal Makemytrip.com in collaboration with the Tourism Council of Bhutan and Drukair is set to offer a whole host of new chartered flight service to Bhutan as a part of a 'land of the Thunder Dragon' holiday package. These chartered planes fly out of India's Maximum City, Mumbai, making it the first direct flight to Paro.



This is the travel portal's fourth such venture, following the charter services to Andaman and Nicobar islands, Maldives and to Ladakh. The 'Land of the Thunder Dragon' holiday package is priced at ₹33,000 per person inclusive of travel, accommodation, and sightseeing arrangements.

Now here's a good deal! Log on to *www.makemytrip.com* for bookings and details on travel dates.

CITY SWI

If you think your neighbourhood golf club is insufferably stuffy, joyless, and over-frequented by pretentious know-it-alls, make your own 'space' and try urban golf

BY SHARAD KOHLI

Hang on a second... What about the mayhem this will likely cause? Smashed office windows, pedestrians ducking for cover, drivers provoked to road rage as off-centre strikes bounce off bonnets—isn't urban golf, er, a menace to public order?

Well, no, actually. It's perfect for the public. This is golf for the folks, a bracing antidote to the code-heavy traditional game.

The irreverent website, urbangolf.org, describes this cool version of the Scottish creation thus: "A game played on a large outdoor course located in a non-residential section of a city, with a series of targets spaced far apart, the object being to propel a ball with the use of various clubs toward each target (in) as few strokes as possible." Basically, it's golf in a city environment.

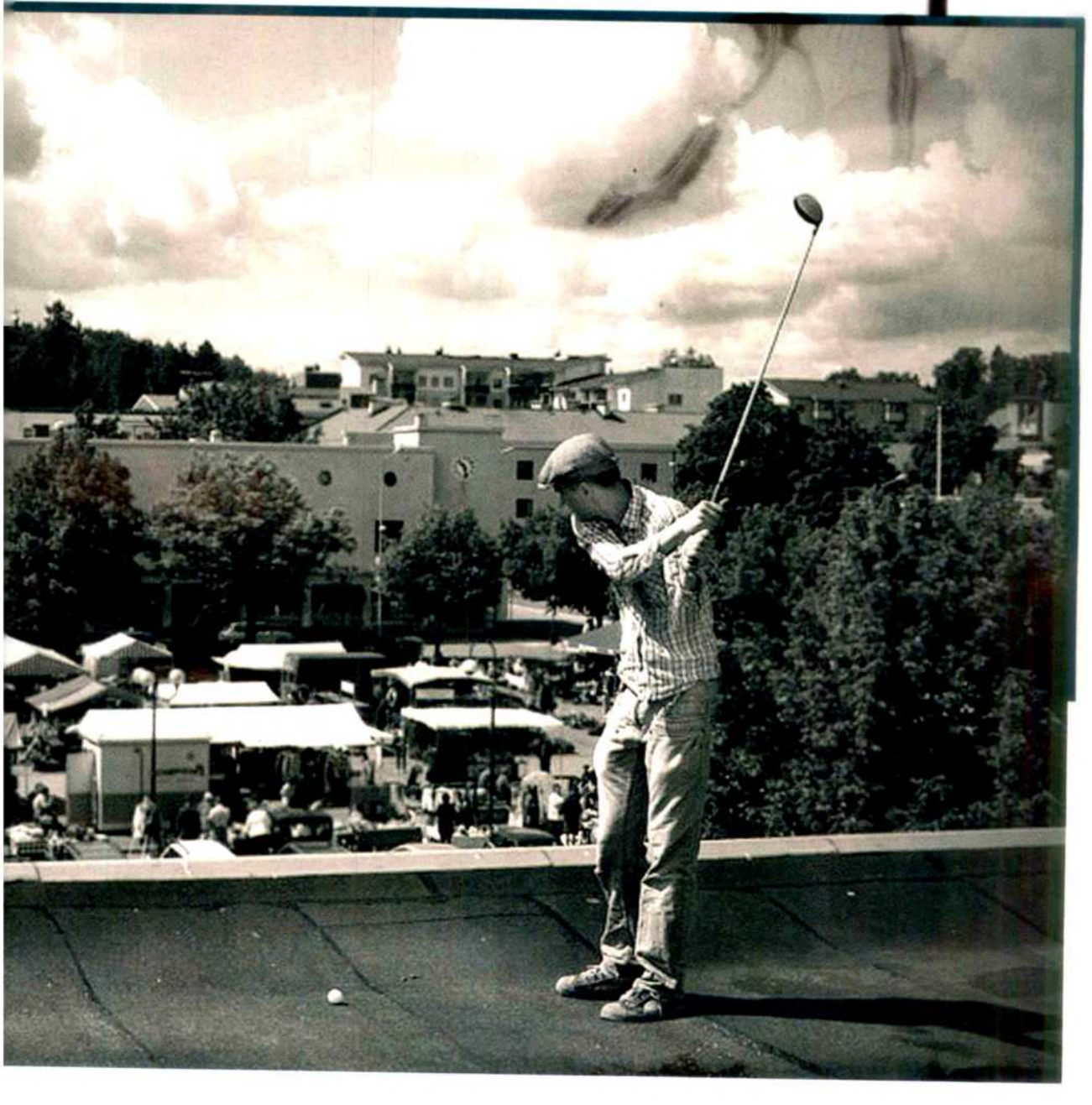
If folklore is to be trusted, urban golf goes back to the 1740s, when an adventurous fellow named Duncan Thomas 'course-managed' his imaginary way -to the bemused looks of passers-by- outside White Hart Inn (was it the ale?), in Edinburgh's Grassmarket area. So it's entirely possible that the Scots first played city golf before making for the littoral.

Urban golf may not have grown out of the need to democratise the game and take it away from its hidebound country-club setting—but that's how it seems to have shaped up. The late Jeremy 'Jez' Feakes is considered the pioneer of urban golf. Fed up of the snootiness of the members at his London local, Feakes, an architect and designer, took the game to the streets and founded the Shoreditch Golf Club. This GC was the venue for the first known urban golf event -18 holes, par 72- which has been running every year since 2004.

Truly, Feakes was a man of the people. He fiddled with the Rules, oftentimes perceived as too complicated, and too 'many', and designed a soft leather ball stuffed with goose feathers that could fly (though not as far as the dimpled sphere) *and* roll. And

Urban golf is all about minimum rules and maximum challenges

NGERS

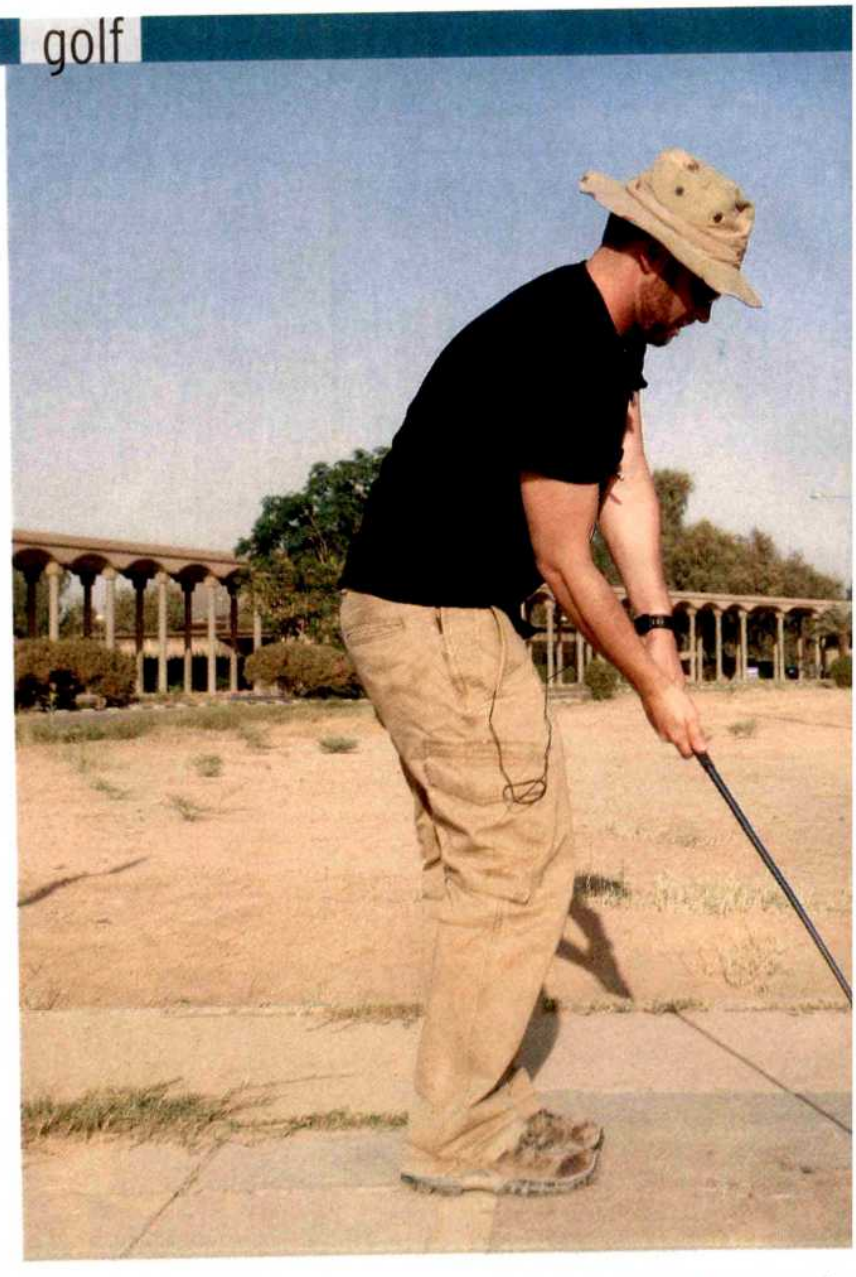


the golf course? The back lanes of Shoreditch with their graffiti-lined walls. Circular 'carpets' made do as greens, while open mains' valves with flagpoles stuck in and cobbled streets doubled up -respectively- as holes and fairways. Thus was urban golf established as a competition-worthy sport. The inaugural Shoreditch Urban Open saw guys like Tiger Would, Puff Caddy and DJ Swing tee it up!

A little over a decade before Feakes was so inspired, Torsten Schilling, a golf novice from Germany, began practicing near office blocks. Schilling would go on to form a group called Natural Born Golfers, which led to 'cross golf', an offshoot of the urban variety; NBG today has players in the USA, Europe and Asia. Through its use of urban spaces that are either abandoned, disused or underutilised, cross golf (also practiced by Urban Golf Unit of the Netherlands) can help regenerate cities---cricket has given deprived street children a second chance in Los Angeles, so golf's power to do good should not be underestimated. For a game on the go, cross golf also employs building sites, canals, hotel lobbies, industrial zones, rooftops and school campus sites ('campus golf' is played on college campuses in the US, and helps promote the game among students).

Empty and thinly inhabited spaces are not too difficult to find: car parks are ideal for an impromptu session with the irons, and so are building sites and wide thoroughfares. A tip- to dodge the wrath of city dwellers, avoid housing blocks! Any old street would do as a fairway, while water hydrant holes would be perfect 'cups', replicating the feeling of sinking a putt. And if you want to simulate conditions to the 'tee', lampposts can become trees, buildings clumps of trees, and drains bunkers. And traffic? Well, let's not even go there...

But urban golf has additional and unique challenges. Stray dogs and cats can run off with your ball, or gutters might gobble it up. Carry spares.

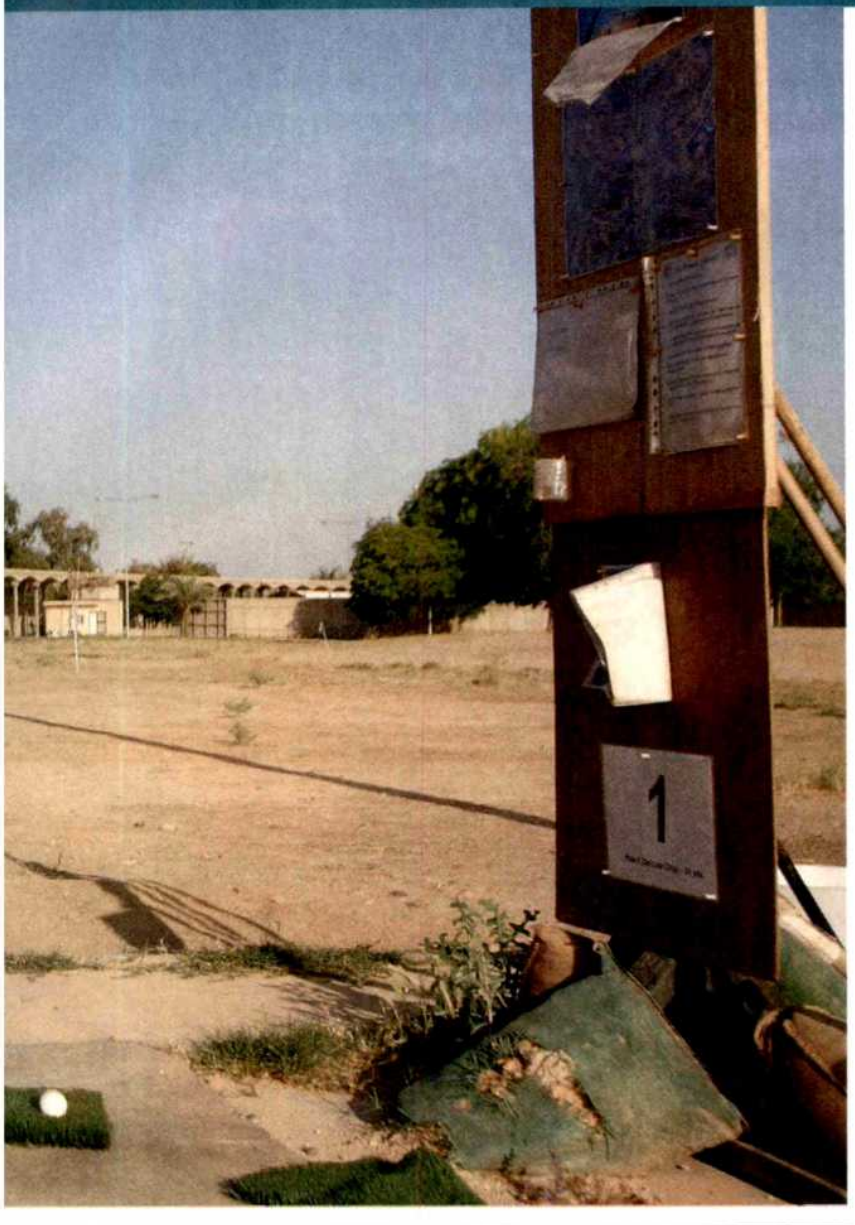


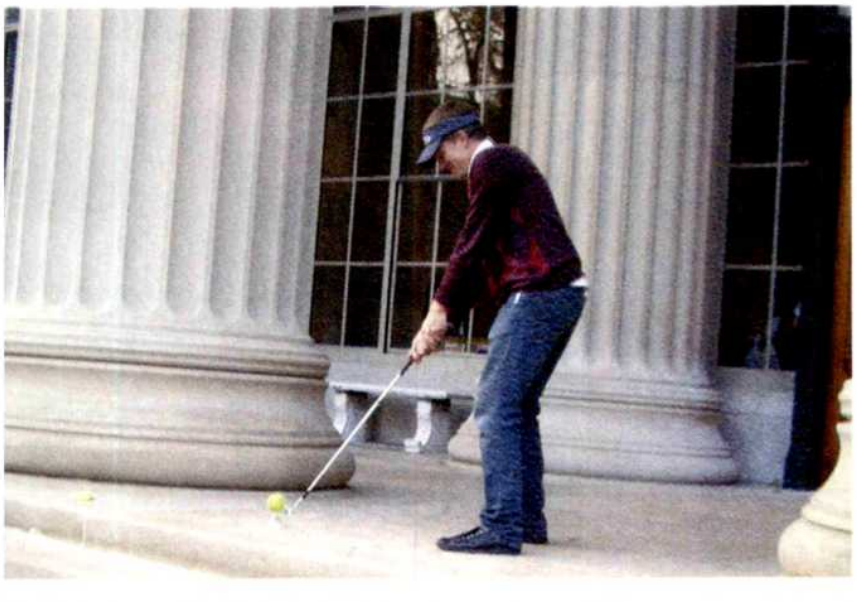
Urban golf is fast catching up as a relaxed way to enjoy the sport

> Urban golf has added and unique challenges. Stray dogs or cats might run off with your ball, or gaping gutters might swallow it up. So, it makes sense to carry spares for such situations

There's no need to lug around a full set. You're best advised to carry short to middle irons (5, 6 or 7); the 'lower' the club, the less chance the ball has of gaining altitude. Do, however, keep a short iron or two handy if you intend to clear buildings! And if stuffed leather balls aren't at hand tennis or squash balls are good substitutes. But Feakes' goose-feathered orbs are good at negating hooks and slices which is good news for novices

So how do you play urban golf? Well, firstly, you need a mat off which to hit your ball --a portable piece of Astroturf is ideal. Choose a target and hit your ball towards it, as you would toward any hole on a regular gol





course. Par for the hole would depend on the distance between tee-box and target. When you've struck the target, you've 'holed' the ball. Some suggestions from *urbangolf.org*:

Large targets/holes must be hit by the ball, or the ball must pass 'under' it; with small or skinny targets, the ball must pass within a radius of three feet, or one club length, of the target—and it's the other players who decide whether the shot is within three feet!

Stationary trucks, bins, store sheds, bridges, mail or telephone boxes (if those things are still around), even pubs—all these are entirely acceptable targets. Should it ever come into play as a 'target', the pub would be the perfect 18th (or ninth) hole; one can, upon completing a round, quaff contentedly on a cool beer and mull over the day's golf away from the forced conviviality of the clubhouse.

Urban golf can get wacky—when it moves from street level to the rooftops. It's even more hairy with double the thrills when played at night. If you're so inclined, or a little daft, do carry a powerful torch.

City golf has caught the fancy of many a bored and distinctly un-elitist golfing urbanite—Argentina, New Zealand and Russia are among the countries that have set up urban golf associations. NW Urban Sports, of Portland, Oregon (US), teed off a 'World Urban Golf Day' in 2007, while the Urban Golf Association runs the biennial Charles Bukowski North Beach Invitational in San Francisco. You see, hipsters dig it too.

You can find your own time, and your own area, for urban golf—no need to book a tee time and best of all, you can stay well clear of cranky and capricious club members. There's no clubhouse dress code or club tournament committees, you don't have to shell out green fees, and the only 'rule' that matters is the 'safety first' rule.

Remember, this game is all about "having fun, not winning" (*urbangolf.org*). So leave the gravitas behind and enjoy your round. ■

The » Italian Job

Powered by a monster engine, Maserati's Quattroporte S is all set to take Indian roads by storm, all for a mere ₹1.37 crore. BY R PALLAVI

HIGH FIDELITY

Running completely on voice control and powered by exclusively designed Bose surround speakers, the multimedia features a high resolution 7" TFT screen for satellite navigation maps in the dashboard and a centrally mounted screen powered by a DVD player in the rear. The climate control feature deflects dew and the seats come fitted with heating and massage options.

LIGHT FANTASTIC

Adorning Maserati's trident-shaped logo, the aerodynamic nose comprises of vertical slats in the front grille. The LED lights are powered to automatically track the movements of the steering wheel so that the beam points to the inside of a curve. Owing to light sensors, the eco-friendly headlights automatically turn 'on' and 'off' according to ambient light. Now that's technology!

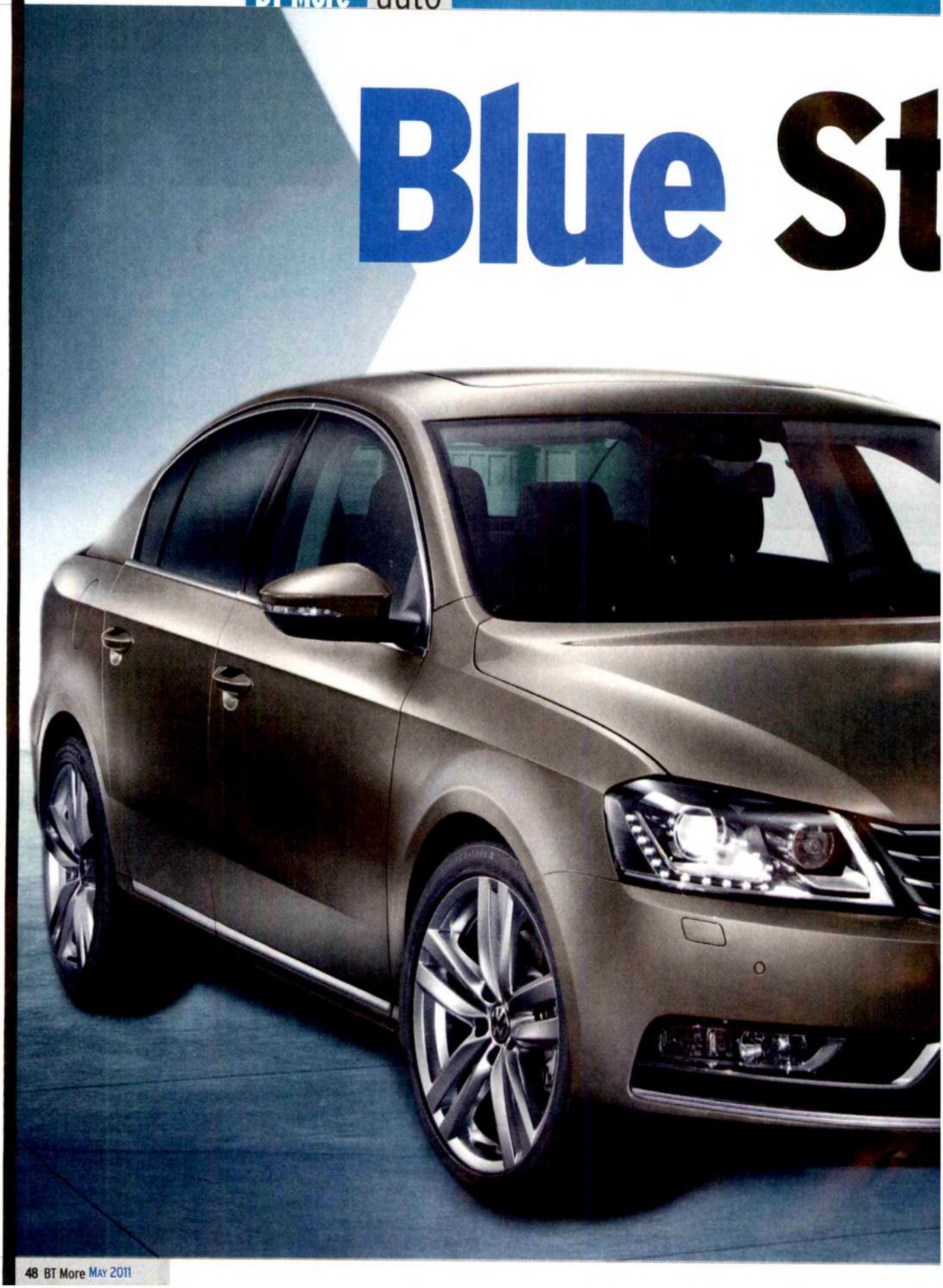
CUSTOM MADE

You can opt for a wood finish set in rosewood, mahogany and vavona. Alternatively, you can choose a black piano or blue laquered finish. The front and rear seats done up in double stitched supple Poltrona leather are customisable to the colour of your choice. These come fitted with wooden drop down tables. While the roof can be lined in beige, grey and black Alcantara, the steering wheel can also be set in wood trims, leather or piano black finish.

WHEELER DEALER

Exploiting the brilliance of Italian brake-master Brembo, the car's 360mm brake discs draw strength from a cast iron braking surface and smoothness from an aluminium hub. The Skyhook system detects movements on all four wheels and adjusts the dampers which in turn helps in absorbing bumps on the road. This system features a software with two modes - the 'normal' mode perfect for a gentle ride and the 'sport' mode for rally driving.

Blue St



reak

The new Passat might look similar and even feel the same, but look closer and it's a brand new car with great tech

BY VIKRANT SINGH

The towels in my hotel room are blue. So are the sheets and curtains. And even the welcome drink when I arrived at the hotel yesterday was a Blue Lagoon; one part Vodka with one part blue Curaçao and three parts lemonade to produce what is one of the bluest drinks I have ever had. I guess we are taking our men-in-blue's world cup win a tad too seriously here. But that's not all; the car I am driving today is blue too. Not in colour, mind you, but in technology.

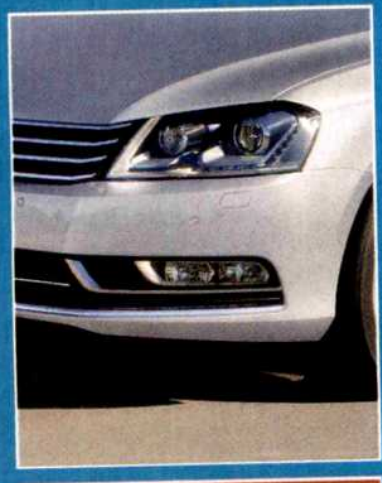
The technology is called Bluemotion and it's Volkswagen's attempt at making its production of cars more environment-friendly. To the same end, the cars run on everything from more efficient engines to technologies like start-stop and regenerative braking. Meanwhile, the wheels I'm driving—Volkswagen's new Passat—is the company's first model in support of Bluemotion technology in India. And in testimony to it's claims, the new start-stop feature takes me by surprise upon coming to the first traffic light on my route. The moment the car stops, the engine shuts. It's an eerie feeling in the beginning, but you get used to it, especially when you know this starting and stopping business is in fact helping you save fuel without your having to do anything at all.

But don't be completely taken in by the car's looks; while it looks completely new, it isn't a new generation car. Nonetheless, having said that, everything from the mechanicals and engine to the equipment list, has been heavily reworked. On the outside, every panel besides the roof—the bonnet, the doors, the fenders, the bumpers and even the lights and alloy wheels, are totally new. Making the Passat look more sleek, stylish and contemporary in design, the appearance of the exterior makes it appealing to a younger audience too.

SPECIFICATIONS

Model	Volkswagen Passat Highline
Engine	1968cc, diesel
Max power	170bhp@4200rpm
Max torque	350Nm@1750rpm
Gearbox	6-speed auto
LxWxH	4769x1820x1470mm
Wheelbase	2711mm
0-100kmph	9.5s
Top speed	210kmph
Price	₹25.6 lakh (ex-showroom, Delhi)

While the interiors of the Passat might look the same, the equipment within features a host of new innovations



The interiors of the car haven't changed much, however. These are still well put together and plush, but look very similar to the previous models. Everything from the dashboard, the central console, the steering, the stereo, the climate control and also the various stalks and knobs are just the same as before.

What's new though, is the level of equipment for the Highline version I have here. The stereo for instance might look the same, but is now USB-compatible. The front seats which earlier had only a heating function, now cool the occupants as well. Additionally, there are Attention and Parking Assist systems too. Attention Assist gauges any lapse in the driver's concentration and beeps to alert him/ her, while Parking Assist works, as the name suggests, by providing assistance at the time of parking your car. So, all the driver has to do is pick a parking spot, engage the system by pressing a button on the central console and the car parks itself. You still have to operate the throttle and brake, but the car twirls its steering to make the parking spot, be it in reverse or then even while parallel parking.

And that's not all. This new version incorporates a new 1968cc, four-cylinder, common rail diesel engine which makes 170bhp and has an equally healthy torque rating of 350Nm. The end result is good low and mid-range performance that aids driving in the city and overtaking on highways. The comfort too, has been upped. Be it pot holes, bad roads or sharp bumps, nothing gets through into the cabin.

THE NEW VOKLSWAGEN PASSAT IS AN ENHANCED VERSION OF THE PREVIOUS MODEL IN BOTH TECHNOLOGY AND APPEARANCE. IT'S PERFECTLY SUITED TO THE INDIAN SCENARIO

The new Passat is now much better suited for the Indian scenario and we'd pick it over the older car any day. It's better equipped, more supple and relaxing, and looks way younger and sleeker as well. ■

Present Perfect

Till a little while ago 'corporate gifting' was a concept. Today, it's a norm. Here's a holistic list of products which make for perfect gifts

BY R PALLAVI

Ralph Waldo Emerson once wrote *"the only gift is a portion of thyself"*. In the world of corporate gifting this would translate into giving a little something as recognition and appreciation for a year's worth of hard work. Owing to the soaring trend of business gifting, luxury manufacturers across categories are upping the ante with limited editions, promotional packs and customisation services. From customised spa packages to gold plated office essentials just off the ramp, there are plenty of options to choose from.

Apple iPad 2
The sleeker and lighter version of the iPad has been incorporated with a dual-core A5 processor for greater speed. Its front and rear facing cameras bring the iPhone's unique face chat feature to the iPad. **Price: $499(16GB); $599 (32GB) and $699 (64GB)**

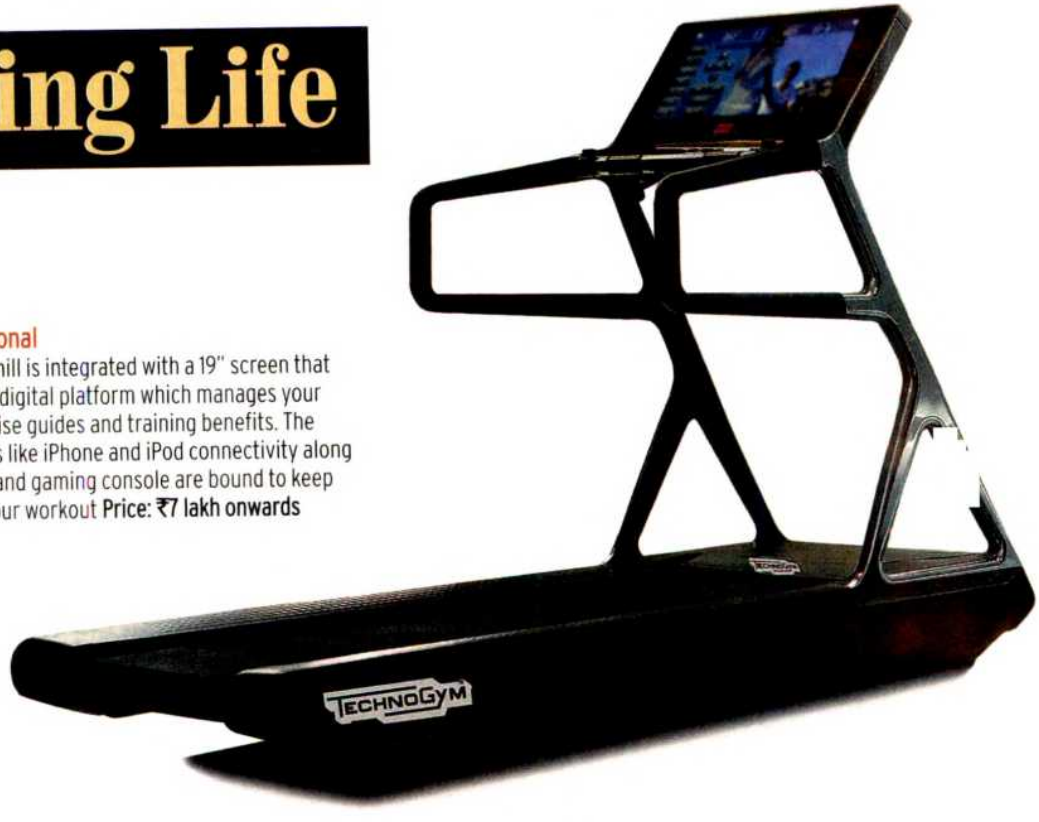
Tech Toys

Kodak Playsport
This portable camcorder is waterproof up to 10 ft and allows you to shoot clear videos and images with its 1080p HD recording and 5 MP camera. It is available in white, black, gray and purple. **Price: ₹8,990**

Lavazza Coffee Machine
This espresso machine has a tank capacity of 1.4 litres and starts brewing with the turn of a knob. The used espresso capsules are collected in a drawer and automatically ejected when the capacity is reached. Can also be used for making cold coffee. **Price: ₹32,500**

TAG Heuer Meridist
The 1.9" OLED display is covered with 60.5 carat sapphire crystals and the rear panel can be trimmed in leather or rubber. Its stainless steel carbide body comes with red, black and white back plates. **Price: ₹4.19 lakh**

Sporting Life

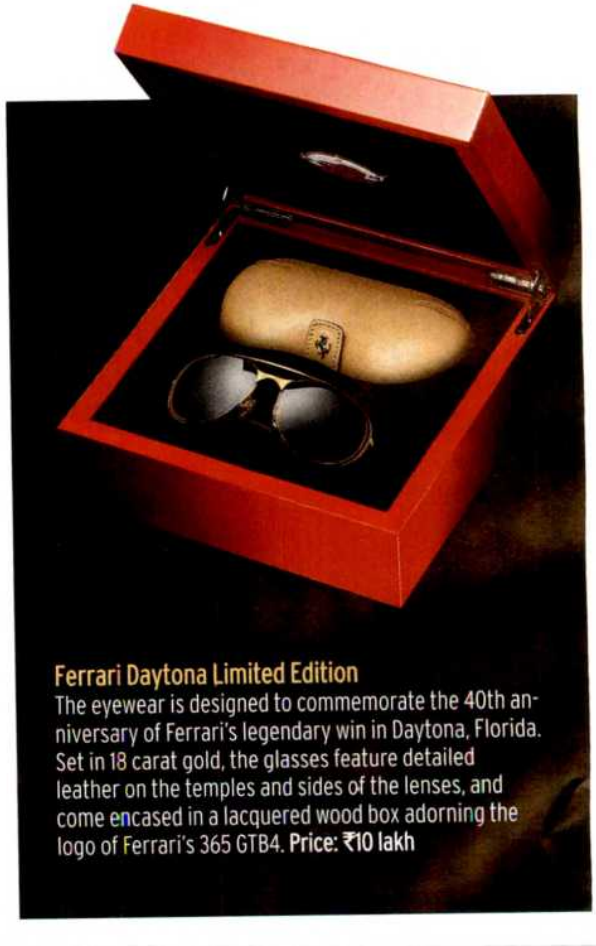


Technogym RunPersonal

The avant garde treadmill is integrated with a 19" screen that displays an interactive digital platform which manages your workout through exercise guides and training benefits. The entertainment features like iPhone and iPod connectivity along with an IPTV interface and gaming console are bound to keep you hooked through your workout **Price: ₹7 lakh onwards**

Harry Winston Ocean Diver

This diver's watch is water resistant up to 200m and features an automatic chronograph movement. The 44mm white gold and Zalium case encloses a sporty anthracite dial with gold hands and contrasting chronograph sub dials at 9 and 6 o' clock. While the rose gold bezel adds a touch of elegance, the rubber strap enhances durability. **Price: ₹22.95 lakh**



Ferrari Daytona Limited Edition

The eyewear is designed to commemorate the 40th anniversary of Ferrari's legendary win in Daytona, Florida. Set in 18 carat gold, the glasses feature detailed leather on the temples and sides of the lenses, and come encased in a lacquered wood box adorning the logo of Ferrari's 365 GTB4. **Price: ₹10 lakh**

Callaway Warbird Set

This 14 piece set comprises a 10.5 degree driver for better control, a Fairway Woods driver for distance shots and Hybrids that combine benefits of iron and wood. It also includes the classic Callaway putter and comes in a stand bag which is available in graphite and steel.
Price: Steel set: ₹54,990; Graphite Set: ₹59,990

Desk Job

El Casco Turtle Bell

Hand crafted in the Basque country of Northern Spain, this intricately hand plated and polished turtle shaped service bell is set in 23kt gold and weighs about 800gm. It is available at William Penn outlets across the country. **Price: ₹11,725**

Victorinox Secure

Shaped as a classic Victorinox Swiss knive, the device is powered with a storage capacity of up to 32 GB and secures your data with fingerprint sensors. It is integrated with a white light laser pointer and Bluetooth among other things.
Price: On Request

Parker Premier Fountain Pen

The Delue GT "Graduated Chiseling" fountain pen features an intricately handcrafted barrel plated in 23K gold and precise modern chiselled lines on a brass base. It flaunts an 18K nib engraved in either gold or rhodium.
Price: ₹16,500

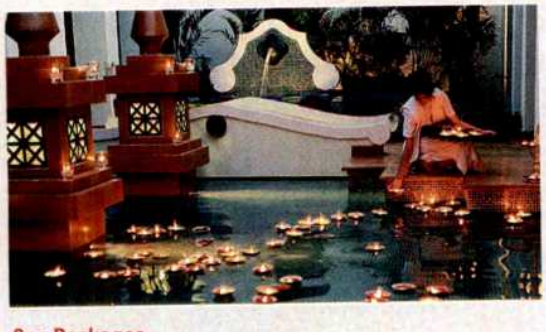
Privilege Deals

ITC Gift Certificates

From free room stay and breakfast to discounts on spa and salon services, these gift vouchers cover a range of services at the ITC hotels and are valid at select hotels across the country. **Price: ₹500 to ₹15,990**

Delhi Duty Free Vouchers

The Delhi Duty Free at the Indira Gandhi International Airport at Terminal 3 offers shopping vouchers which can be availed at all shops at the duty free and are customisable in terms of price. **Price: $100 to $2,000**

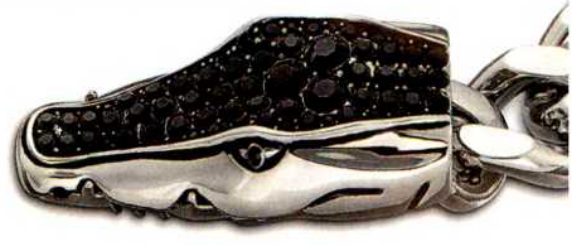


Spa Packages

The most sought after spa services include: The Ayurveda Full day experience at Amatrra Spa in Delhi(**₹17,000**). The stress relieving Monsoon Raga at Mumbai's Quan Spa(**₹6,500**). The Himalayan Romance Package at the Ananda(**₹89,000 to ₹2.5 lakh**).The personalised spa packages at the Sereno Spa in Goa (Approximately **₹27,000** per night).

Swarovski NEVADA Crocodile Bracelet

This wide bracelet is set in polished steel. The clasp is embellished with pave Jet crystals and resembles a crocodile's head. **Price: ₹17,000**



Style File

Montblanc Star Chronograph

It features an 18K red-gold case, and a sapphire crystal case back. The beige dial is studded with 25 jewels. It comes with a brown alligator skin strap and 18K yellow-red gold triple-folding clasp. **Price: ₹6.66 lakh**

Tom Ford Sun Glasses

While some glasses come with thin temples inset with the designer's signature metal 'T', others feature visible screws that attach the front bar to the metal trims. These can be fitted with optical lenses. **Price: ₹10,000 to ₹30,000**

After-hours

Dunhill Cufflinks

Inspired by the stripes of the fabric found on deckchairs, these square cufflinks flaunt narrow blocks of royal blue Sodalite and Nacre pearl.
Price: $395 (₹17,635)

Paul Smith Shoes

A part of this year's Spring Summer collection, the shoes are set in bright colourful new styles sitting alongside classic shapes. The collection includes brogues, oxfords, flip flops and loafers set in dip dye leathers and bleached suede. **Price range: ₹5,500 to ₹23,000**

Cohiba Siglo VI

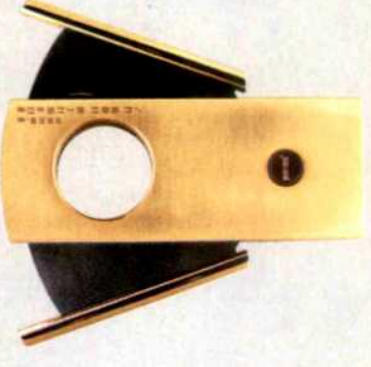
The rich and complex flavours of the cigar spill out creamy tones of leather in the beginning and move on to a taste of cocoa and sweet spice. The hand rolled is 143cm long and has a Ring Gauge of 46mm. **Price: ₹6,465 for a pack of three**

Dewar Signature Bottle

Having undergone Dewar's double ageing process, the spirit is rich and fruity on the nose and blends raisins, sultanas (Turkish white grapes), apples and honey in its dry finish. Each bottle is individually numbered and comes in a classic wooden case. **Price: ₹14,670**

Porsche Design Cigar Cutter

Using Solingen made blades especially designed to put less pressure on the cigar, it ensures a smooth cut and a fine draw. The body is made from ergonomically formed aluminum and is set in combinations of black and chrome. **Price: ₹10,000**



TT Champagne Trunk

The movable trunk features an ice bucket with a 4 bottle capacity and a door that contains 18 flutes. The lower part has a 751 refrigerator capacity and cools more than 20 bottles at a time. **Price: ₹10.9 lakh**

STEP LIGHTLY

Don't let the heat bog you down. Get a spring in your step with these funky sneakers and head out in comfort.

BY BIBEK BHATTACHARY

Any look is incomplete without the right shoes, and this holds true even for casual dressing. Thankfully, the smart sartorialist can always call on some really funky sneakers to save the day- even if they're worn with a regulation t-shirt and jeans. In fact, you could even say that these sneakers will make the look work better than the clothes. So take your pick from these sneakers, from classic to cutting edge. They mix style and comfort with aplomb.

SNEAKERS

Converse- ₹1099

Dunhill- ₹21,999

Burberry- Price on request

Tod's- ₹22,000

CONVERSE

DUNHILL

FERRAGAMO

FERRAGAMO

This new pair of sneakers from the Italian shoe-making giant has all the hallmarks of a classic Ferragamo. The calf-skin and suede strap sneakers provide all the style that you can possibly ask for and more. The beautifully crafted sole provides for some great comfort and traction. Perfect for a casual as well as semi-formal looks.
Price: ₹ 24,000

BURBERRY

TOD'S

Ankle High

CONVERSE

CONVERSE ALL STARS
These ankle-length classics have been around forever and they've never been out of style. Inspiring successive generations of stylish people, these leather high tops are perfect for casual wear. **Price:** ₹ 3,999

BURBERRY

BURBERRY
The classic British brand just goes from strength to strength every season. Their spin on the classic high-top is subtly stylish very desirable. **Price:** On Request

CREDITS
PHOTOS: SAPTARSHI BISWAS
STYLIST: HASSAN RAZA KHAN

BOTTLED GOODIES

We bring you seven iconic summer scents for men that rule supreme. Splash on!

BY ANUSHREE BASU

1 DIOR HOMME BY CHRISTIAN DIOR
It blends masculine luxury with classic yet modern elegance. It has a unique powdery scent, built around masculine iris, with notes of lavender, amber, vetiver, and leather. **Price: ₹4,934 (100ml)**

2 YSL'S LA NUIT DE L'HOMME
La Nuit De L'Homme is a complete fragrance—the soft and strong bouquets blend together beautifully to make this one a seductive, scent for the after-hours. **Price: ₹3,364 (100ml)**

3 BVLGARI MAN
A fragrance of unadorned elegance, Bvlgari Man balances fresh, vibrant notes of citrusy bergamot with warmer tones of wood. At once classic, modern, and sensual, this everyday fragrance embodies masculine charisma. **Price: ₹3,543 (100ml)**

4 BURBERRY THE BEAT
An addictive, woody fragrance with pulsing energy, it embodies a blend of British heritage and edgy attitude. A polished gun-metal bottle, with an intense black check pattern, matches the 'rebellious dandy' style of The Beat. **Price: ₹2,950 (50ml)**

5 LACOSTE CHALLENGE
Challenge combines the immediate punchy vitality of citrus and ginger aromatics with the richness and power of its woody base. It is sporty with an inherent raw sexiness. **Price: ₹2375 (50ml)**

6 GUCCI BY GUCCI POUR HOMME
A signature for the modern Gucci man, it combines classic masculine appeal with cool, contemporary elegance. This iconic fragrance culminates both vision and tradition, encompassing Gucci's luxurious heritage. **Price: ₹2,556 (50ml)**

7 DOLCE & GABBANA THE ONE
This fragrance is dedicated to the quintessential D&G man: charismatic and seductive, elegant and sophisticated. He loves taking care of himself—he is a bold, modern hedonist who loves to take centrestage. **Price: ₹2,467 (50ml)**

Track and Wield

Check the desirability quotient

Zenith's Elite Captain Dual Time
Inspired by Zenith's automatic Captain Line of the 50s, the watch has a streamlined design and is enlarged to its present day size of 40mm. It is equipped with a GMT hand with a different design and a blue pointer that ensures optimum readability. The hand is set using a push-piece at 10 o'clock, making it possible to adjust the second zone with a simple gesture. Encased in a steel case, this comes in variants of black and silver. While the chic alligator strap goes with any sporty look, the metal bracelet crafts an elegant feel. To leave a lasting impression, just strap on.
Price: On Request

Osim uAstro Massage Chair
If long and strenuous work hours leave you feeling drained, this massage chair is just what you need to unwind and relax. You can choose the full body massage of the roller system, which combines steady, firm and gradual strokes along with the calming squeezing of the airbags. The full air technology works on 50 airbags which provide a pushing sensation in terms of relieving stiffness and soothing aches to keep the entire body in balance and harmony. It's time for the busy beavers to breathe easy!
Price: ₹2,95,000

DesignGO Microfan

If the thought of sweat and heat deters you from stepping out in the peak of summer, here's a palm size solution. A must have in your travel kit, this is the smallest and sleekest portable fan in the world. Its powerful wind and blade ratio is driven by a 10,000 RPM micro motor which makes it effective even in extreme temperatures. When not in use, its rectratable blades slide gracefully into its rubberised tactile body which conceals a AAA battery. It is available in white, black and purple. Well, nobody minds a little fan following. Price: ₹595

Oriflame Flamboyant Edt

A fresh surprise from the strong scents that have symbolised charming men since ages! The fragrance draws on fruity notes. While the top notes are citrusy, the base is set in cedarwood musk. It comes in an elegant translucent bottle with a metallic logo and cap and makes a great gift for men who want to be different.
Price: ₹1,590 for 75 ml

Travel Blue Digi Pouch

Packing up gadgets of frequent use can be quite a task since you need to keep them safe and yet easily accessible. This new pouch comes with protective cushioning and can be strapped on the shoulder or the belt. It incorporates an ear phone access and is suitable for all sizes of MP3 players, digital cameras and mobile phones. The internal soft cushioning forms a protective layer for the gadgets and a black stylish exterior crafts a sporty look. This sure sends other travel gear packing!
Price: ₹575

HTC Pulse

The Android world is beginning to resemble a city that never sleeps! Joining the party, this new handheld features a 3.2" HVGA touch screen that works on HTC's sense technology. It gives you the option of increasing and upgrading features with thousands of free and paid applications through an unlimited and continuous access to the Android market. It comes packed with a 5 megapixel camera with auto focus, a memory extendable to 32GB and a talk time of 214 minutes. Its bizzare Footprint feature helps to memorise footprints by saving a photo of the location and thus provides precise GPS position and location information. Price: ₹18,000

Adidas NBA T-Shirts

Bringing the excitement of NBA closer to you, Adidas has launched a host of official t-shirts featuring top players including LeBron James of the Miami Heat, Kobe Bryant of Los Angeles Lakers and Kevin Garnett of Boston Celtics. Featuring large graphics, they're colourful and sporty and are available in all sizes. Take your pick and step out to shoot some hoops!
Price range: ₹999 to ₹4,499

VIAVERO Loafers

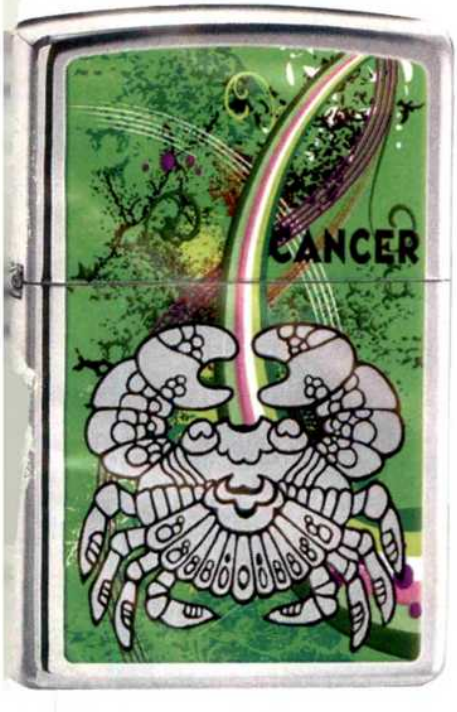
If fashion is a science, Italian craftsmanship is a fact! Boasting the Italian trait of attention to detail, these loafers are intricately designed and feature perforations throughout the body. The shoes are set in Nappa leather and their design swears by flexibility and durability. The range is available in dark brown, tan and black. While the laceless ones complete any formal look, the others are chic and casual. Price: ₹7,850

Montblanc Wallet

When it comes to wallets, people judge the inside by what's on the outside! This French full grain wallet is set in calf-skin and adorns the Montblanc logo. While a glossy finish plays out its edgy design, two spacious internal pockets add to its functionality.
Price: ₹19,450

Sheaffer Prelude Mini Series

Till a little while ago, making a statement with one's writing was about choosing the right words. Today, it means much more. Elegant works of art, these compact size ballpoint pens are available in Brushed Crome, Black Laqué, Gold Tone Trim, Black and Palladium, Rose Gold, Translucent Red and Gloss White. They work on a twist action mechanism and boast high quality carbide tips. Encased in a luxury gift box, the range comes with a 3 year warranty.
Price: ₹1,750 for each



Zippo Zodiac Lighters

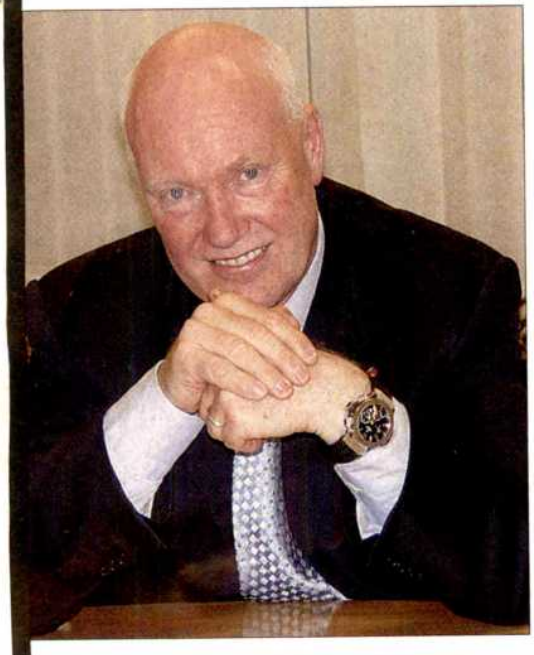
What's the point of carrying a lighter which just lights your smoke when you can flaunt one that brightens your life! Done up in vibrant colours, these lighters feature karmicmotifs of the different sun signs. Complete with fancy Zippo packaging, these colourful little somethings make an interesting personalised gift, for even the non smokers. Backed by a lifetime warranty, theclassic range is available in select retail outlets across the country.
Price: ₹2,125

TAG Heuer Cufflinks

Exploiting the virtue of inspiration, these classic cufflinks draw on the crown design of TAG Heuer's Carrera 43mm chronograph. Set in lacquered black and adorned with a seven carat sapphire crystal head, these come with an easy to use foot which opens up to 180°. For an understated elegant look, try them on! Price: ₹9,000

"There are different kinds of love, but they all have the same aim. Possession."

MY STUFF



JEAN-CLAUDE BIVER

CEO, HUBLOT GENÈVE

FOOD AND DRINK

Beverage: Water
Spirit: Red Wine
Cocktail: None
Restaurant: Le Tsalé at Chatel St Denis in Switzerland

GROOMING

Moisturiser: Guerlain
Perfume: Yatagan from Caron
Shoes: John Lobb
Suits: Custom made in Italy
Shirts: Hermès Custom made
T Shirts: Adidas
Shampoo: Rausch
Shower gel: Guerlain
Sneakers: Nike

HOME ESSENTIALS

Where I live: A farmhouse in Switzerland
Table-stand book: *Les Fables de La Fontaine*
Pets: Three dogs and 100 cows on our farm
Car: Mercedes 600CL
Dinner Set: Wedgwood

MEDIA

Daily paper: Financial Times
TV news: CNBC
Magazines: The Economist
Websites: Bloomberg

GADGETS

Handheld: iPhone
Laptop: Macbook
Camera: Leica M9
Watch: Hublot
Stereo: Bang & Olufsen

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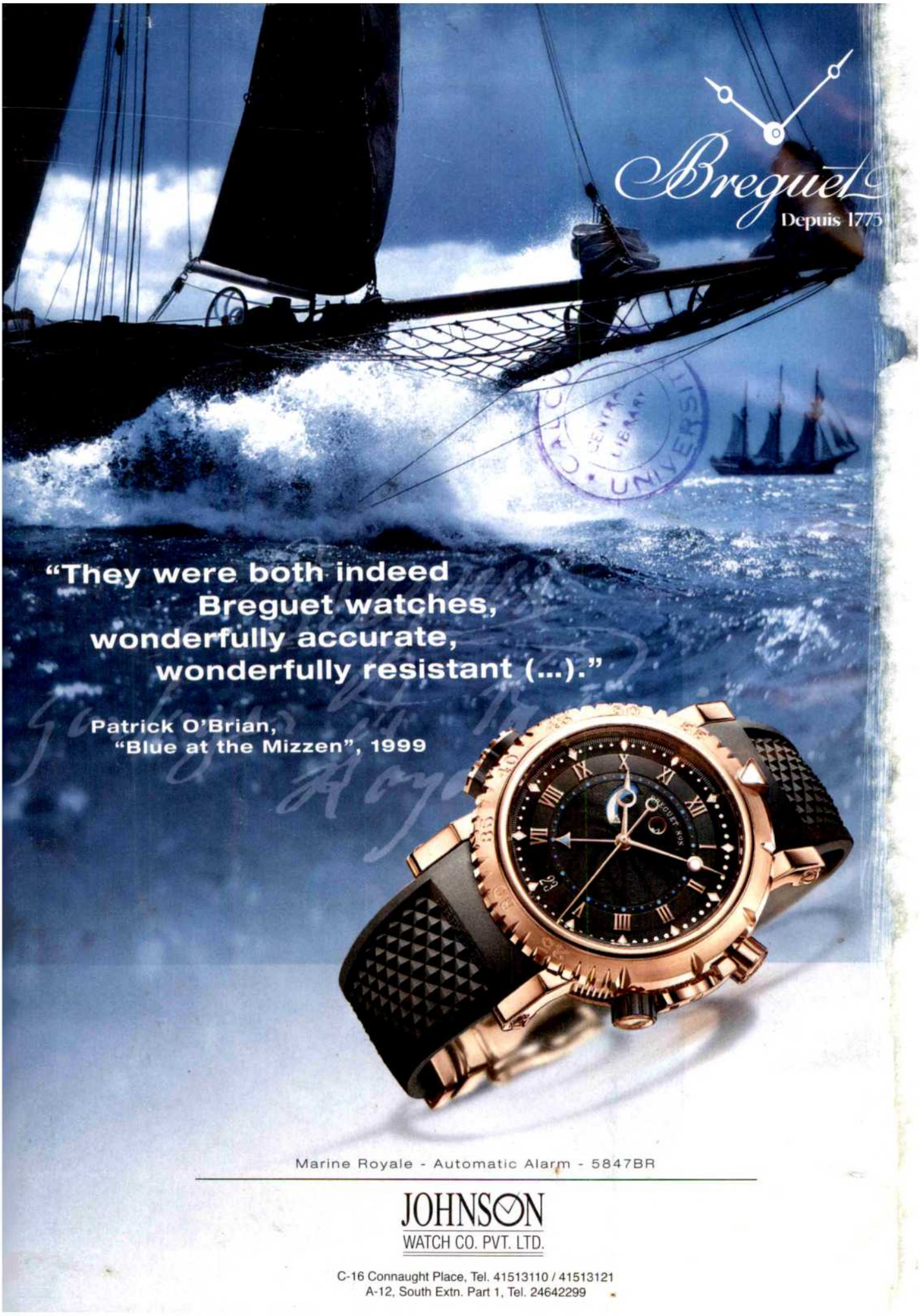
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